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BETTER LIVING STARTS WITH GETTING YOUR BACK STRAIGHT

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IT'S TIME TO HIT THE BEACH AND GO FOR A DIP.**

On her: Black Wrangler Adele denim shorts (P1199.75)
On him: Wrangler Elvis denim jeans (P2499.75); Workwear Blue Wrangler shirt(P1199.75)

L.IGHT-01 QS
nu SPORT
by **LACOSTE**

Sporty takes a leap forward with the new **L.IGHT-01 QS** sneaker by Lacoste. Simple, bright, and masculine, these kicks go great with a sporty polo shirt and jeans, or dressy with an oxford shirt and slim trousers. Grab a pair at the nearest Lacoste boutique.

L.IGHT-01 QS (GREEN/BLUE)

L.IGHT-01 QS (BLUE/GREEN)

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Misano 28

Bowrey PMN

Ramer QS

MAN ABOUT TOWN

Sleek and sporty is the name of the game this summer with Lacoste's latest offerings for men. From sneakers to plimsolls to mid-length chukkas, this season's collection is an absolute must-have. For sophisticated sportsmen, the **Misano 28** is a fresh take on a classic silhouette, while the more adventurous sartorialists can opt for the textural **Aristide 13**. Grab a pair at any Lacoste boutique.

Gazon 2

Marice
Lace USN

Aristide 13

Bellevue
Mid Oxr 2

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Heart Evangelista

THE NEW FACE OF TANDUAY

Heart Evangelista, one of the most sought after actresses of her generation and one of the most beautiful faces in the industry, is the new girl that will grace the calendars, billboards and posters of the number one rhum makers in the country, Tanduay Distillers, Inc. This is truly another achievement for this multi-talented actress, TV host, singer and endorser.

As one of the primary stars of GMA-7 and Viva Artists Agency, Heart has proven to be one of the best among her contemporaries in the industry. Her current soap opera, Magkano Ba Ang Pag-Ibig, is the highest rated series among the afternoon and primetime programs in her home studio, GMA-7. Heart has won two acting awards. One for Regal's entry to the 2009 Metro Manila Film Festival, Mano Po 6: A Mother's Story as best supporting actress. In this movie, she starred opposite the Megastar, Sharon Cuneta. She also won as best actress in 2009 FAMAS Awards for the movie Ay, Ayeng. Soon, Heart will be seen in the big screen with a yet-untitled movie opposite the leading stars in the country, John Estrada, Derek Ramsay and Cristine Reyes under Viva Films. She also hones her hosting skills as a regular in GMA-7's longest running showbiz oriented talk show, Startalk and the Sunday noontime variety show, Sunday All Stars.

Heart also shows her love for dogs and other animals by being a spokesperson for Philippine Animal Welfare Society or PAWS.

When asked about how she feels about being chosen as Tanduay's new endorser, she said, "Fearful at first. I never really thought of myself as a hot, sexy vixen. It's funny because it took so much convincing myself

KNOWN FOR CELEBRATING FINEST FILIPINO TALENTS, TANDUAY DISTILLERS, INC ALSO TAKES IMMENSE PRIDE IN BEING A WORLD-CLASS FILIPINO PRODUCT. HEART EVANGELISTA IS THE PERFECT REPRESENTATION – WITH HER CLASSIC FILIPINA BEAUTY THAT IS TRULY WORLD-CLASS.

to face my fears. I worked out and got the best team and I feel absolutely brave and confident and so much of a woman and after that, it was liberating! I feel so happy and proud of myself. Crazy, beautiful!"

Known for celebrating finest Filipino talents, Tanduay Distillers, Inc also takes immense pride in being a world-class Filipino product. Since 1854, it has earned the distinction of being one of the finest and most sophisticated rhums around the world. Heart Evangelista is the perfect representation – with her classic Filipina beauty that is truly world-class.

2014 is a big year for Tanduay as it celebrates its 160 years as a company. Tanduay has kept in rhythm with the heart of the Filipinos. It has become a part of almost every milestone and celebration around the country.

Tanduay and Heart Evangelista, a world class company with a star who is classy, elegant and sophisticated, truly the perfect mix. Cheers!

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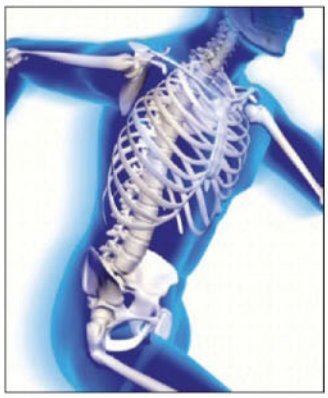
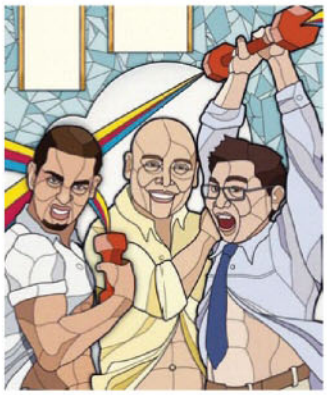
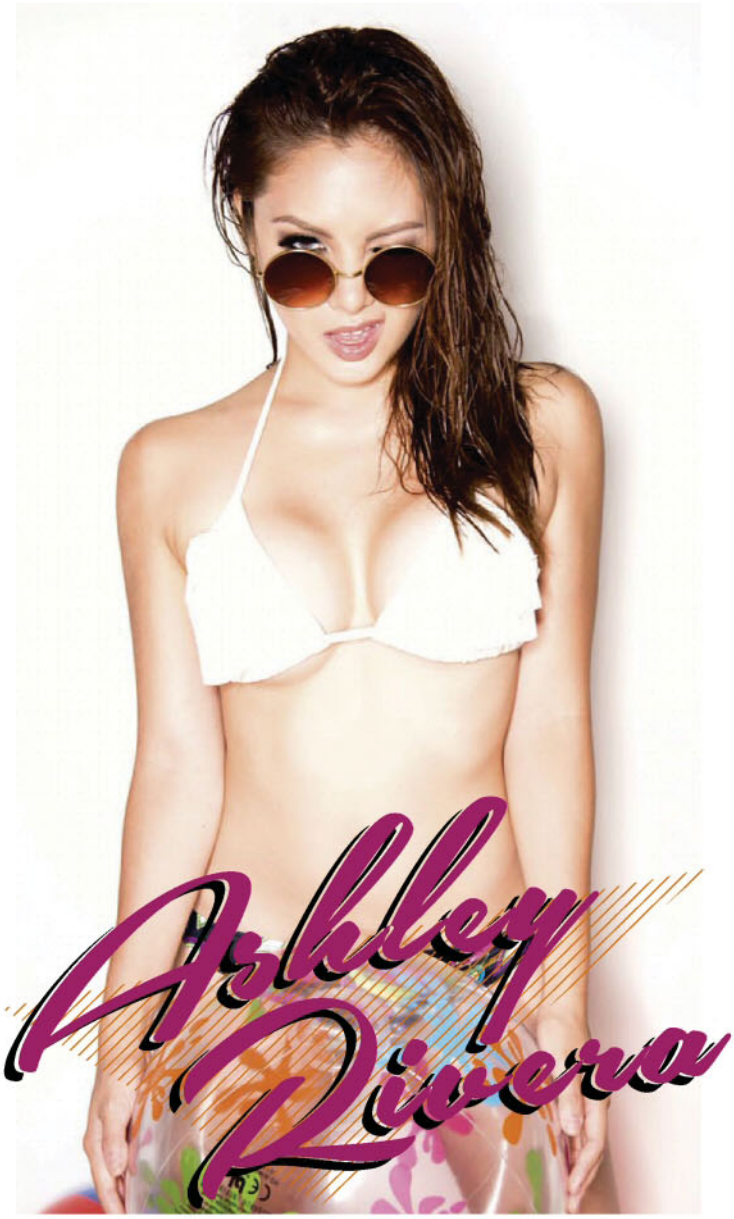
CONTENTS 04/14







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54 NO BROADBAND CONNECTION? NO PROBLEM!
YouTube's Petra Mahalimuyak continues her exploits offline as Ashley Rivera—a hotter, bolder, and perhaps much crazier version of herself

76 STOMACH IN, CHEST OUT
Sitting all day: wrong. Girl on top: right! Plus, more spine-friendly tips in this quick guide to proper posture

78 PIZZA PARTIES, BEER BREATH, YOU PLAYING XBOX
Just a few things women find sexy, according to our new pool of lady experts

82 BOYS DO FALL IN LOVE
FHM lists the best relationship advice from the creative minds of Boys Night Out

84 BBQ-LYMPICS!
Be an instant *ihaw-ihaw* champ with this massive grilling primer

88 TRUE GUY STORIES
A sedan rams into a truck and slides under its rig. How did the driver and his passenger survive? We asked the same question

92 MELISSA RISO
Hers is a body that says, "Your full attention, please"

102 JILE CAI
Born in Thailand to Chinese parents. Currently based in Canada (and hopefully looking for a Filipino boyfriend)

110 ANGEL MALIT
She's back with a new podcast show on Flippish.com. That we had her oiled up doesn't have anything to do with that, though

PLUS! EXTRA PAGES ON SPORTS AND SPORTY WOMEN!

CONTENTS 04/14

STARTER

20 CAREN JILL
One half of FHM.com.ph's December 100% Hotties wants you to get straight to the point

24 ICE PRINCES
We subject two of our most flexible staffers to a crash course on figure skating—all while humming "Let It Go" loudly

26 ARE YOU A SUMMER PERVERT?
A simple quiz to let you measure if your *bosero* ways will get you in trouble anytime soon

28 SEX IN THE CITY
How do "*lola sa sinehan*" and "*tumatabing bading*" sound? These and other extra services in the metro—explored!

30 BAR ROOM JOKES
A dying patient, a curious child, a virgin, and overly concerned parents

ACCESS

34 *THE AMAZING SPIDER-MAN 2*
Spidey goes web-slinging against a high-voltage nemesis

34 PARENTAL GUIDANCE NOT ADVISED
Shortlisted: the best videogames that don't go against family values

36 BIANCA KING
The *Obsession* star on crazy love, self-image, and the greater good

38 FAINTLIGHT
The quartet introduce their brand of not-so-mellow-sounding rock 'n' roll

40 SHORT-SHORTS!
Tales that you can read in one sitting—compiled!

LOUNGE

42 MEET THE PARENTS
How to get out of the mess that is meeting your lady's folks for the first time

44 MASTER DEBATERS
Should you come inside or outside? Abby and Jahziel talk it out

48 SEX CURES
The numbers that matter to help you convince your lady to get it on tonight

50 LADIES' CONFESSIONS
This month: How to use chocolate spread effectively

GIRLFRIEND

116 JENNIFER NGUYEN
We find the perfect partner in this videogame-loving Vietnamese honey

UPGRADE

120 MOTOR
No, you won't hear us complain about the new Toyota Altis

122 SMARTPHONE COMMANDMENTS
In a nutshell: Thou shalt not buy a smartphone unless you know how to make full use of it

128 TRUE STORIES
Tara Medina's epic date fail, and an awful lot of reader-sent boo-boos

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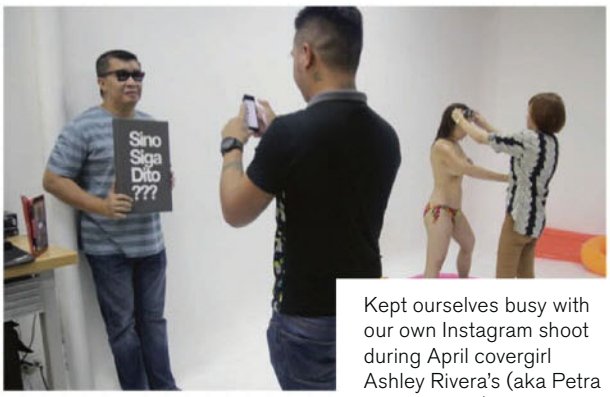
THE TEAM: WHAT FHMers HAVE BEEN UP TO THIS MONTH

Queen Marian was a vision of elegance as she signed copies of her daring sophomore cover for her lucky followers.



Kept ourselves busy with our own Instagram shoot during April covergirl Ashley Rivera's (aka Petra Mahalimuyak) wet debut.

Chief makes the rounds with new *FHM* favorites Nicole Alexandria and Lhea Bernandino while...

...covergirls Jef Gaitan and Aubrey Miles work the poolside with their PAs in tow.

Section editor Anton taught EA Pong how to stick her horns out, devil-style. Corrupting the youth: check!

It's a girl! Congratulations to our FHM.com.ph's managing editor, BA Borleo. Guys, meet Betina Alison! Welcome to the world, Bet-Bet!

Small is the new tall. EA Pong with PBA Philippine Comissioner's Cup Finals MVP Marc Barroca of the San Mig Coffee Mixers.

Associate art director JL as Elsa and EA Ash as Anna bromanced through an ice skating rink, inspired by Disney's *Frozen*. Do you wanna build a snowman? #nohomo

Pictured above: three reasons none of the *FHM* chicks swam during the Bikini Heaven party in Solaire.

We made a mistake in the credits for the Ladies' Confessions shoot for the March issue. Photography was done by Jay Tablante, styling was by Deb Bernales, and makeup and hair were by Noel Flores. Sorry!

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STARTING OVER AGAIN

We started collecting the magazine in 2008, *kaso halos kalahati na lang yung natira kasi yung iba naiwan sa dati naming bahay, at yung iba nahingi na ng mga kaibigan. Kaya sinimulan ko ulit magkolekta nung* 2011. *Ito ang* pictures *namin ng pinsan ko.*
Charles A., by email

YOU ARE WELCOME, BRO!

Thank you for making Marian Rivera your cover girl your March issue. I'm sure it was sold out!
Carlo Vales, via Facebook Fan Page

GIRLFRIEND-APPROVED

When my boyfriend asked me if we could grab a copy of *FHM* every month, he was dumbfounded when I said yes. I'm not the jealous type, I tell him. Besides, *FHM* babes inspire us, your female loyalists, to work hard in having a nicer, healthier body. I'd really love to have every issue of *FHM*. And I love Master Debaters Abby Poblador and Jahziel Manabat. They're goddamn hot! I just want to surprise my beb on his birthday (April 1st) and on our 14th monthsary (April 15th). Happy birthday, baby! Happy monthsary! Fourteen months down, forever to go! I love you so much!
Lin Nova, by email

BEST ISSUE *NGA*!

Happy 14th anniversary, *FHM* and congrats *kay* Ms. Marian Rivera *sa pagbabalik-FHM niya. Sobrang ganda niya talaga. Nagustuhan ko yung mga* pictures *kasi ang sexy niya.* By the way, *gusto ko sanang batiin ng* Happy 11th Monthsary *ang* girlfriend *kong si* Joselle Arguelles *na nagbigay ng FHM ko. Salamat sa* "best issue" *na ito. At sana mag-cover na rin si* Jessy Mendiola *sa inyo*!
Jason, by email

KICKS AND COVERS: COOL!

Here's a photo of my favorite kicks with your latest issues. I always grab a copy of your magazine every month to add to my cool collection. I'm looking forward to seeing this photo in your magazine; it would be the coolest thing to get on my birthday. More power and God bless!
Rolemodel Webb, via Facebook Fan Page

MARIAN DEVOTEE

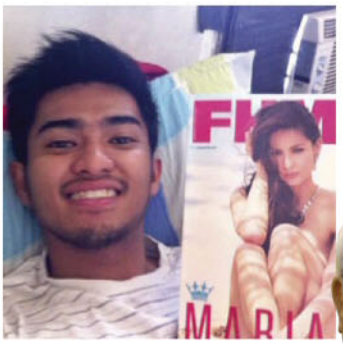
I'm an *FHM* collector and my collection has a special place in my room. Having Marian Rivera in your March issue was the birthday gift ever. She's my idol for life.
Vener, by email

FANSIGN: TO FOLLOW

Phoem Baranda is the bomb! Kudos to Paul Villariba and JL Patulan for creating a wonderful cover layout.
Franz, by email
PS: Can I get a fansign from your EA Ash, please?

GOOD LUCK, BRO!

Here's my selfie with Marian. Kindly include this pic in your next issue as a birthday and goodluck gift to me! I'm celebrating my 23rd birthday in April *at sasabak din ako sa* board exam para maging engineer! I've been collecting *FHM* since college. I hope you'll continue to suprise us with your cover girl choices. You guys are awesome!
Engr. Juan, by email



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TO THE BATH TUB!

In what could turn out to be the most unhygienic boxing bout of the decade, Manny Pacquiao hopes to extend his winning streak to two in his rematch with the self-confessed *dehins-goli* Timothy Bradley! *FHM*'s Facebook fans smell something fishy and, justifiably, talk serious trash!

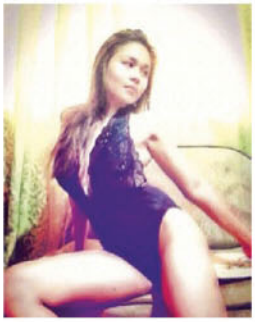
- Si Mark "The Filipino Wrecking Machine" Muñoz *na lang itapat kay* Bradley. *Ewan ko kung manalo pa yan!*–***Banzai Aloquina***
- Chemical warfare! *Wag kang mag-toothbrush*, Manny!–***Wilbert Malubag***
- *Di ba naliligo? Eh dapat pala* name *niya* Timothy Bag-li!–***Froilan Kingalfred***
- *Tama lang na hindi na maligo si* Bradley, *maliligo siya sa suntok ni* Manny come fight time!–***Lan Allanigue***
- *Paulanan mo kaagad ng kaliwa't kanan*, PacMan. *Pag di bumagsak, takbo na!*–***Hernando Acabado***

THROWBACK THOUGHTS

I'm an avid fan of the magazine. A lot of your featured babes made a comeback recently, and I just thought about Jana Victoria. Why not feature her again? Us men from the '90s miss her! Just a thought, though. Thanks!
Zernan Sosa Casimiro, via Facebook Fan Page

TODAY IS YOUR DAY!

Hope you can feature this solo shot of mine in one of your pages someday. Thank you, and God bless!
Kisselle Razonable, via Facebook Fan Page



FROM ACROSS THE SEAS

I've been an avid *FHM* reader for quite some time now. I'm a seafarer working on a cruise ship traveling in the Mediterranean now. I always download your digital issue whenever I can to keep myself updated with *FHM*. Recently, we stayed in Sochi, Russia for one month. It was a once in a lifetime experience to witness the 2014 Winter Olympics. Sadly, we didn't see our one and only delegate Michael Martinez's performance there. I hope you will publish this letter. Thank you and keep on educating us through your world-class magazine!
Anthony Delbert C. Glinofria, by email

IT'S A BOY!

My wife and I had a baby boy in March. On the earlier days of our relationship, she gets irritated whenever I buy your magazine. But now, she's the one reminding me that it's another month and we have to grab a copy of your mag. Now the interest is mutual! Cheers *FHM*!
Marion Betaizar, via Facebook Fan Page

BETTER LATE THAN NEVER

Can you please post this gorgeous picture of my girlfriend? It was our anniversary last February 18 and I didn't have any gift for her. Also, I celebrated my birthday last March 19! Post this please, and make us both happy. I love you, Mags!
Ninjasikimo, by email

POGI POINTS: LEVEL UP!

Avid fan here. I've been reading *FHM* since 2009. Every issue is exciting, great, and helpful. I just want to surprise Emcee, who I'm courting right now. I know she'll feel great if she sees her picture in *FHM*. Help me win her heart, guys.
Paul Randy, by email

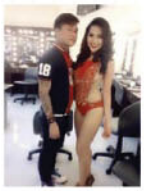
GALLERY

Dreaming to be an *FHM* model.
Yimmy B., via Facebook Fan Page

I love *FHM*!
Lea Aireen, via Facebook Fan Page

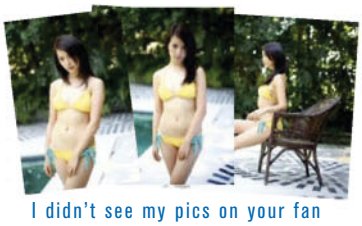
We are the Babyshake Dancers from CDO City.
Babyshake Dans, via Facebook Fan Page

I want my photo in *FHM*. Hope you can show this!
Princesshine Buena, via Facebook Fan Page



My obra!
Ginoong Chito M., via Facebook Fan Page

Hi! I hope this gets published in your magazine. Thanks!
Donna Vinzel Bautista



I didn't see my pics on your fan page last year. Here are some of my photos from last year's shoot.
Chen Wei, via Facebook Fan Page

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STARTER

WISDOM YOU SHOULDN'T LEAVE HOME WITHOUT

SWIFT DELIVE

PHOTOGRAPHY:
JERICO MONTEMAYOR
INTERVIEW:
PONG CASTILLO

STYLING: **DEBRA BERNALES**
MAKEUP: **RHINA MONTEMAYOR**
HAIR: **GEORM IMPERIAL**

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Model Caren Jill has no time to waste. When she wants it, you better deliver

RANCE

It may take you a little while to remember, so let us refresh your memory with this familiar face (and body): Caren Jill is one-half of FHM.com.ph's 100% Hotties last December. She posed alongside big sister Darline Joy, unapologetic in their set of sexy and provocative tag team photos. Like her sis, she's sassy, allures with so much panache, and most of all, she tells it like it is.

"*Ayaw ko kasi ng paliguy-ligoy pa*," says Caren when asked about how she wants things done in the sack. "*Gusto ko* game *na agad. Hubad*!" This small-but-packed-with-so-much-goodness nymphet reminds us that being bold isn't for the patient.

We're tired of waiting, too. So now, it's Caren's turn to wow us with a solo performance.

Welcome back, Caren! How's your summer so far? Any recent beach trips?
Actually *wala, kasi* bitch *na ako*. Ha ha! Joke! But yes, I plan to go to beaches and spot boys in trunks. Ha ha!
Can any guy in swimming trunks easily win you over then?
Naku, hindi rin. Gusto ko pa rin yummy, *no*!
And by yummy, you mean?
Yummy—*yung may* abs! *Yung may* pan de sal! Yummy! Ha ha!
So you're saying a nice guy, who is not so good-looking, has a slim chance to take you out on a date?
Siyempre kung maghahanap na lang din ako ng lalaki, dapat yung bongga na! Ha ha!
So that calls for a *bongga* date also?
Of course! Actually *may* fantasy *rin kasi ako*...
Really? We'd love to hear it!
Ha ha! *Nagawa ko na kasi sa lahat ng lugar—sa sinehan, sa kotse, ganun. Sa* beach *hindi ko pa nagagawa. Dun ko gusto*! That would be a perfect date! Ha ha!
What a coincidence! Darline Joy wanted to do it on a yacht in the middle of the sea. You seem to have a similar fantasy.
Ay naku, hindi! *Ako gusto ko sa buhanginan talaga*!

Aside from having abs and wearing trunks, what else catches your attention?
It's also nice to see hot guys in board shorts…*tapos bakat yung manoy*! Hmm, yummy! Ha ha!
We're sure you've had naughty adventures with such boys. We'd love to hear more confessions from you.
Ha ha! *Sa* pool '*to nangyari eh*, *bigla na lang lumapit* and go *agad*! Kiss, and everything. Ha ha!
We appreciate your honesty. You don't seem the traditional type.
Hindi talaga ako naniniwalang dapat mahaba yung ligawan or *yung* engagement *eh*. *Dati may nanligaw sa aking* Chinese, *tapos todo* effort and *ligaw siya*, and I told him, "*Bakit pa*? *Hindi mo na kailangang gawin yan*, *pwede namang tayo na*. *Tikiman na*." I really told him that, *kasi* for me, it's a waste of time. *Mas* okay *na yung masubukan mo na kung mag-wo-work* or *hindi*. Time is gold!
You just turned 22 in February. How did you celebrate your birthday?
Naku, *party-party*! Party girl *ako eh*. If I'm not working, *sa* bar *mo ako makikita*. I like trance music, enjoy *talaga ako*.
What type of music turns you on in the sack?
Hmm, actually *wala*. *Ayaw ko ng may* music, *gusto ko ako lang yung maingay at yung* partner *ko*. I'm a moaner, and I really get loud in bed. *Sabi nga nila*, sex is dirty, so make it dirtier. Ha ha! **FHM**

FYI
Name: Caren Jill
Age: 22
I don't like it when guys: are *sobrang mayabang*. Turn off!
I love it when my man: is generous and loving.
The next time I go to the beach I will: go skinny-dipping. *Yung hubad na hubad talaga ah! Pero sa gabi ko gagawin nang may kasamang lalaki, kasi malungkot naman kung mag-isa lang ako.*

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FROZEN

We manage to stay upright on our ice skates long enough to teach you how to do it as well

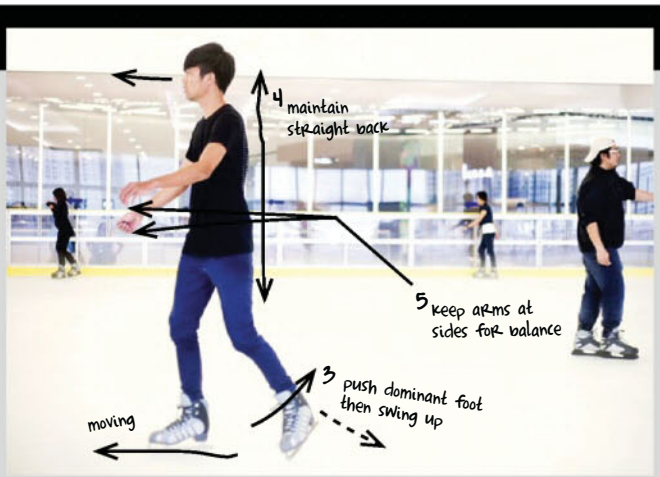
HOW TO STAND

No one wants to spend the day humping the safety barriers. These tips also form the basis for proper posture in general...

1. Always keep your back straight, this will prevent you from endlessly tipping over.
2. Never gawk at your skates; keep your head up and looking forward. This naturally helps you stand upright as well.
3. Align your feet together at the heels in a V position.
4. Concentrate your weight on your heels.

HOW TO MOVE

1. Place your dominant foot behind your other foot in a T position.
2. Concentrate your weight on the standing leg (remember: toward the heel).
3. Push off with your dominant foot. Swing it up and behind you, as you start to move, so it doesn't drag on the ice.
4. Make sure not to lean forward while pushing off.
5. Keeping your arms out at your sides like a tightrope walker will help maintain your balance.



WORDS: ASH MAHINAY; PHOTOGRAPHY: PAUL MONDOK

WELCOME BACK TO THE ICE AGE

After delighting the childhood versions of ourselves in 1992, the country's first-ever ice skating rink finally reopens in SM Megamall's new wing. Yep, there's been one in MOA but it's quite the commute sometimes. The new Olympic-sized rink is on the fifth level of the Mega Fashion Hall and will run you P300 on weekdays and P390 for the weekend. How much time on the ice will that get you? How does unlimited daily use sound? And when your bum is sore from flopping on the ice, you can also check out the new bowling lanes and IMAX Theater in the same building for a different kind of entertainment.

HOW TO PULL OFF A SAVE

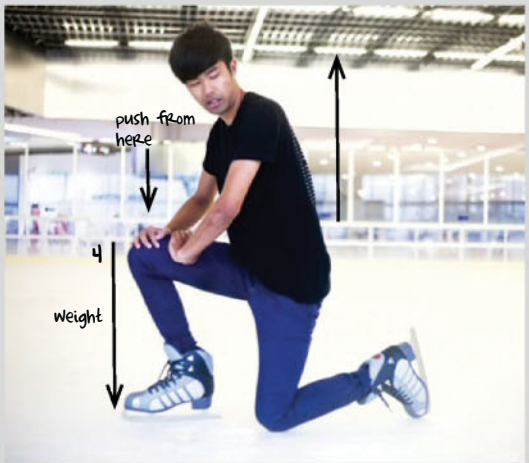
Feeling wobbly? Flailing your arms around isn't even half as useful as this move:

1. Quickly get your feet parallel to each other.
2. Crouch and lower your hands onto your knees.
3. Balancing is pretty much foolproof in this position—you can even resist pushes and shoves.

GETTING UP LIKE A MAN

It's inevitable, but flopping over while trying to get up is what is truly embarassing, so here's how to do it properly:

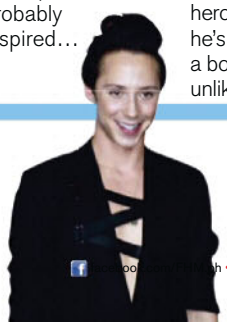
1. Sit flat on your butt with your arms close to your sides. You can put them behind you if you want someone to slice your hand off.
2. Tuck in your dominant foot underneath your other leg.
3. Move your dominant hand a bit behind you and use it as a pivot to roll onto your knees.
4. Raise your dominant leg, and push it off using both hands.



FROM TWINKLE TOES TO TOUGH GUY

Jimmy MacElroy
Swan-loving *Blades of Glory* star modeled after…

Johnny Weir
Flamboyant US Champion, who probably inspired…

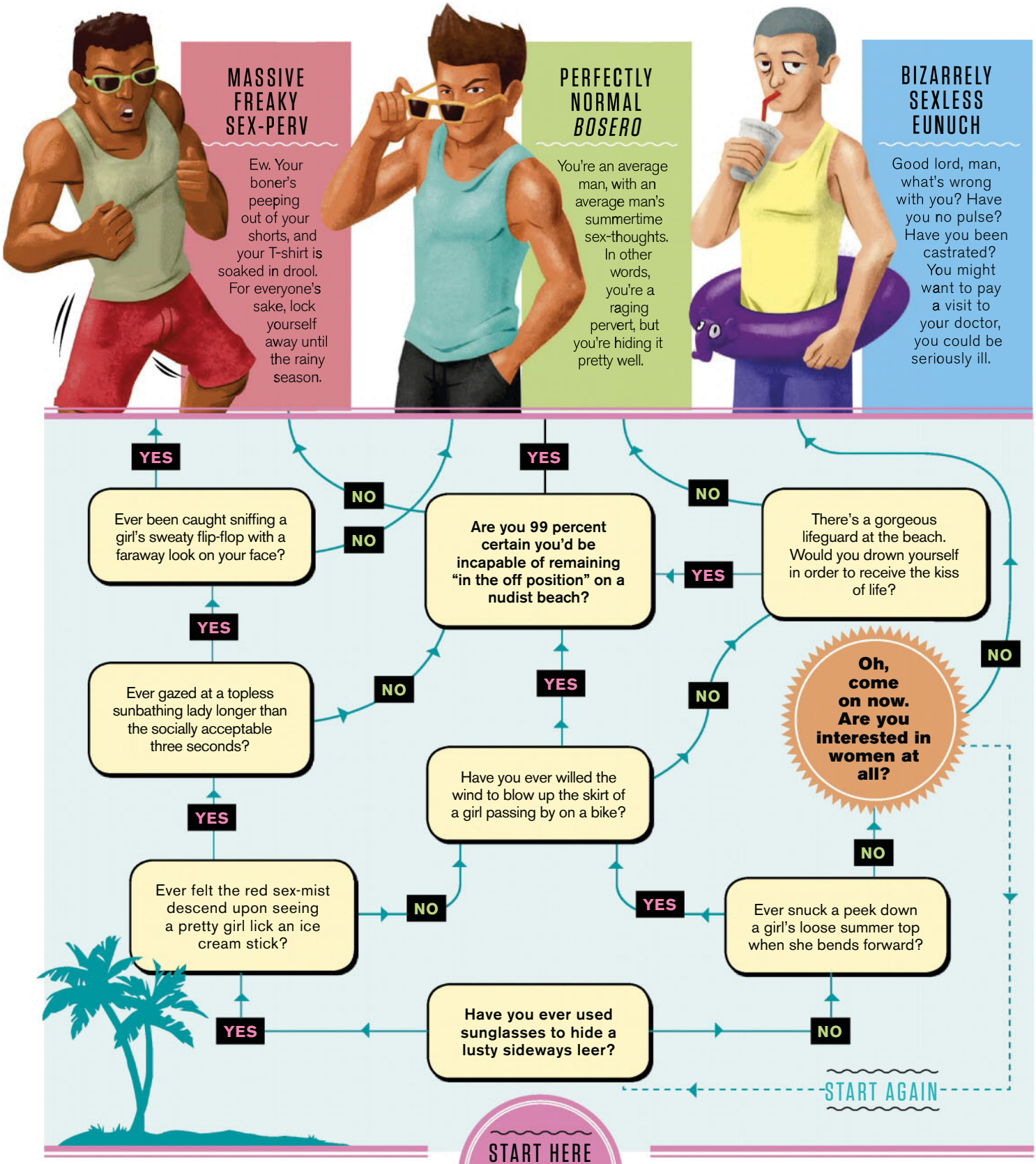


Michael Martinez
Hometown hero–but he's just a boy, unlike…

Doug Dorsey
Former toughie hockey player from classic romcom, *The Cutting Edge*, but he isn't as hardcore as…

Elvis Stojko
The power skating real-life basis for…

Chazz Michael Michaels
Chazz Michael Michaels IS figure skating



ARE YOU A SUMMER PERV?

With bikini season still upon us, it's easy to become a drooling summertime sex pest. Take *FHM*'s test to check if you've crossed the line from cheeky winker to creepy wanker

WORDS: COURTESY OF FHM UK; ILLUSTRATIONS: JOHN LAURENCE O. PATULAN

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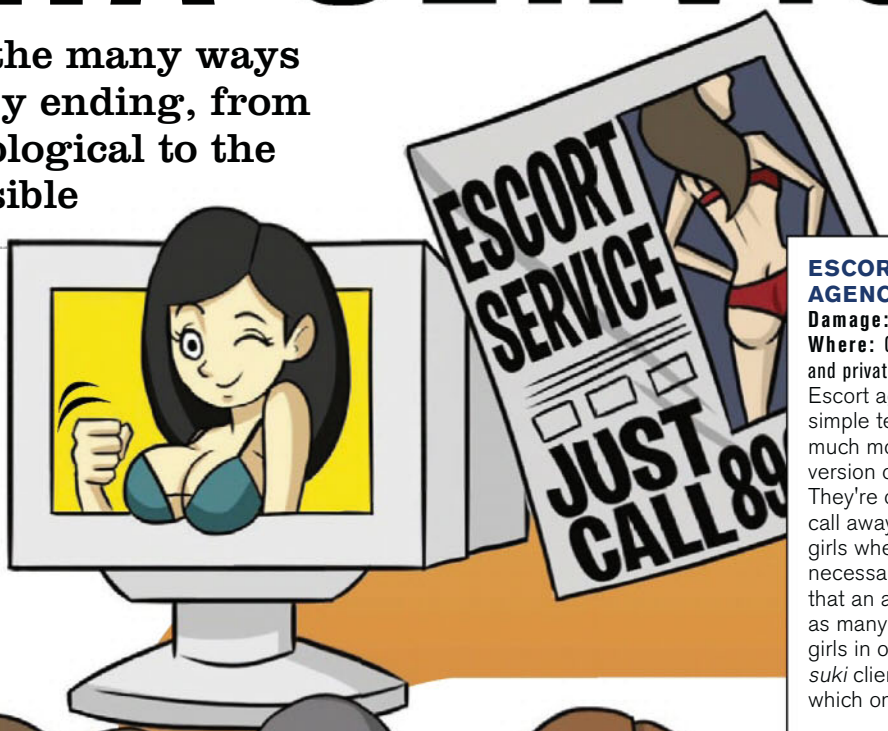
FHM INVESTIGATES

EXTRA SERVICE

***FHM* rounds up the many ways to achieve a happy ending, from the almost mythological to the downright accessible**

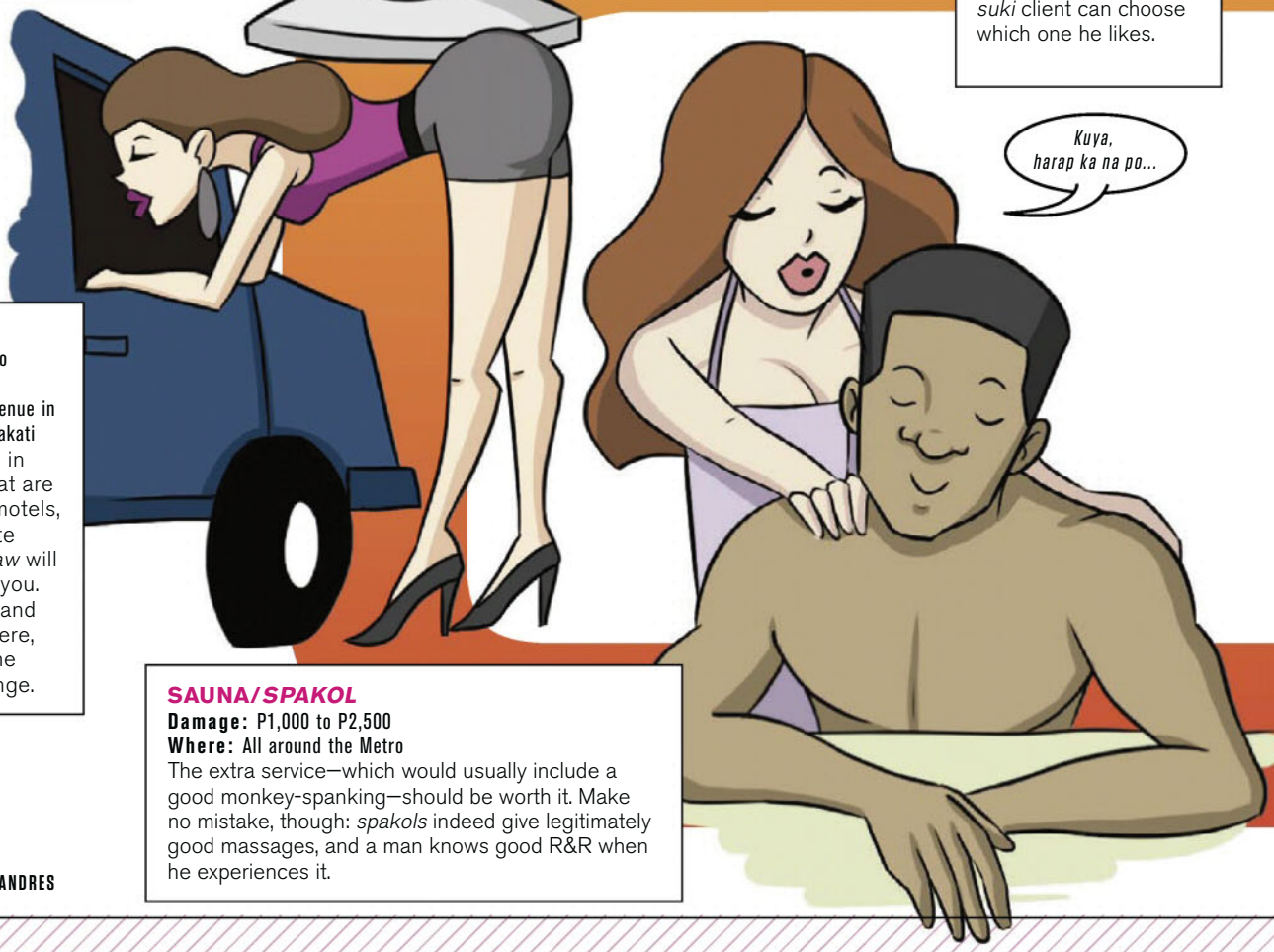


PERSONAL SERVICE PROVIDER (PSP)

Damage: P5,000 to P30,000
Where: Top-secret websites
Secured PSP websites let you choose and negotiate, and it has a wide range of clientele base, from regular yuppies to senior executives. Did we hear anyone say "girlfriend experience"?

ESCORT AGENCIES

Damage: P2,000 to P8,000
Where: Corporate offices and private units
Escort agents, in simple terms, are a much more extravagant version of a *bugaw*. They're only a phone call away, bringing their girls wherever deemed necessary. Word has it that an agent can bring as many as a dozen girls in one visit so his *suki* client can choose which one he likes.



PICK-UP

Damage: P1,500 to P5,000
Where: Quezon Avenue in QC, Burgos St. in Makati
Commonly seen in district areas that are surrounded by motels, but if you're quite lucky, their *bugaw* will find lodging for you. It's all business and pleasure from here, depending on the agreed price range.

SAUNA/*SPAKOL*

Damage: P1,000 to P2,500
Where: All around the Metro
The extra service—which would usually include a good monkey-spanking—should be worth it. Make no mistake, though: *spakols* indeed give legitimately good massages, and a man knows good R&R when he experiences it.

WORDS: MIKEY AGULTO
ILLUSTRATIONS: JAMES ANDRES

LEGENDARY

LOLA SA SINEHAN
Damage: P20 to P50
Where: Quiapo, Recto
Legend has it that inside the cinema houses of Quiapo lurk pleasuring grannies—golden-aged women who give handjobs to ST flick-watching clientele. Smutty, but then again so is the Quiapo nightlife.

PROSTI SA PIYER
Damage: P20 to P50
Where: Manila, provinces
These girls go out at night and market themselves to blue-collar laborers or provincial seamen in exchange for money, food, or drugs. It is said that trucks and boats parked nearby are common locations when it comes to doing the deed.

Hi... *magisa ka lang?*

TUMATABING BADING
Damage: P50 to P100
Where: Quiapo, Recto
Sources say that upon entering the cinemas in Quiapo, a good number of she-men are waiting to sit beside you. Their mode of *serbis*: blowjobs—sometimes even for free!

CYBER SEX CHAT
Damage: P500 to P1,000
Where: All over the net
Online clients, mostly foreigners, can choose which virtual GF they like—from barely legal students to housewives in their '30s, even she-males trained to talk like a girl. Chat them up a little, and these women would strip their top off and pleasure you with dirty words until you, uhm, find nirvana.

BEERHOUSE
Damage: P850 to P2,000
Where: QC, Manila, Makati
Beerhouse girls are not directly catered toward giving you extra service, but some girls in some joints would usually offer you a better one—a private good time in the VIP room. How much you'd like to fool around is entirely up to you…and your budget.

ACCESSIBLE

BAR ROOM JOKES

Keep the punchlines coming

ILLUSTRATION: BOISEI MALICDEM

THE FINAL COUNTDOWN

A man hasn't been feeling well, so he goes to his doctor for a complete checkup. Afterward, the doctor comes out with the results. "I'm afraid I have some very bad news," the doctor says. "You're dying, and you don't have much time left." "Oh, that's terrible!" says the man. "How long have I got?" "Ten," the doctor says sadly. "Ten?" the man asks. "Ten what? Months? Weeks? What?!" "Nine..." ***Rob Manipol, by email***

JUVENILE MUSINGS

Pedro's mother is in the kitchen making dinner for her family, when young Pedro walks in. "Ma, where do babies come from?" His mother thinks for a few seconds and says, "Pedro, when two people fall in love and get married, they can kiss, hug, and have sex." Young Pedro looks puzzled, so his mother continues, "...that means your Papa puts his penis in my vagina. That's how we made you..." Pedro seems to comprehend. "Ah, *ganun ba*? But the other night when I came into your room, you had Papa's penis in your mouth. What were you trying to make then?" ***Philippe O., by email***

PROFESSIONAL HELP: CHECK!

A lawyer married a woman who had previously divorced three husbands. On their wedding night, she told her new husband, "Please be gentle, I'm still a virgin." "What?" said the puzzled groom. "How can that be if you've been married three times?" "Well, Husband #1 was a sales representative. He kept telling me how great it was going to be. Husband #2 was in software services. He was never really sure how it was supposed to function, but he said he'd look into it and get back to me. Husband #3 was from field services. He said everything checked out diagnostically, but he just couldn't get the system up. I'm glad I ended up with you now," explains the wife. "Good," said the new husband, "But, why?" "You're a lawyer. This time I know I'm going to get screwed!" ***FunnyJuan, by email***

DOUBLE WHAMMY

A young man looking to get married told his friend, "Every woman I bring home to meet my parents, my mother doesn't like." "Oh, that's easy," his pal replied, "All you have to do is find someone who is just like your mother." "I did that already," he said, "and that one my father didn't like." ***Nika Lim, by email***

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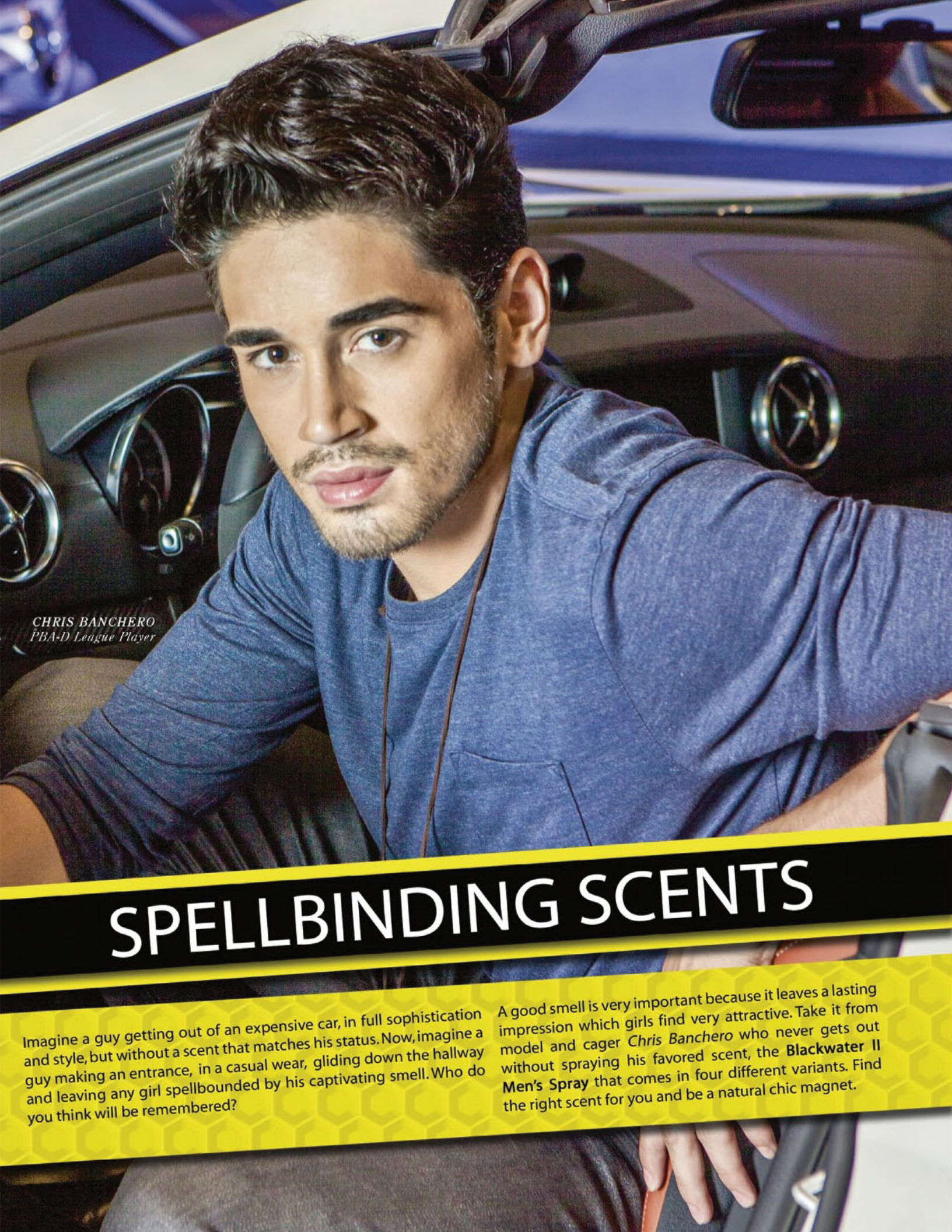

CHRIS BANCHERO
PBA-D League Player

SPELLBINDING SCENTS

Imagine a guy getting out of an expensive car, in full sophistication and style, but without a scent that matches his status. Now, imagine a guy making an entrance, in a casual wear, gliding down the hallway and leaving any girl spellbounded by his captivating smell. Who do you think will be remembered?

A good smell is very important because it leaves a lasting impression which girls find very attractive. Take it from model and cager *Chris Banchero* who never gets out without spraying his favored scent, the **Blackwater II Men's Spray** that comes in four different variants. Find the right scent for you and be a natural chic magnet.

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ACCESS

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01

FILM

ELECTRIC WEB-SLINGIN'

THE SEQUEL TO THE *AMAZING SPIDER-MAN* PITS PETER PARKER AGAINST A HIGH-VOLTAGE FOE

OUT APR 30

THE AMAZING SPIDER-MAN 2
Director: Marc Webb
With: Andrew Garfield, Emma Stone, Jamie Foxx, Paul Giamatti
Everyone's friendly neighborhood Spidey is back. Between spending time with his one true love, Gwen Stacy (Stone), and fighting crime, it's a good time to be Spider-Man—that is until it isn't, which is usually the case here. Enter Spider-Man's new nemesis, the god-like Electro a.k.a. Max Dillon (Foxx), whose powers far exceed that of Spidey's. With the ability to generate close to one million volts of electricity and adapt any available electric circuit, even a power plant's, Electro is easily our hero's most powerful adversary to date.

02

GAMES

GOOD CLEAN FUN

DON'T MISTAKE THESE AS MERE KIDDIE GAMES

We're entering a slight lull before the heavy hitters start coming in again on the next-gen systems, so let's turn it down a notch with games that toss the guns and grenades away for a more peaceful sort of entertainment. Remember when games weren't packed with guns, explosions, and boobs?

LEGO: THE HOBBIT All platforms
The new boy this month. The Lego treatment is perfect for our hairy-footed heroes, we think. The danger of pitfalls, orcs, and Smaug is greatly diminished when you're all made out of cute plastic blocks. As a bonus, the SparkNotes-like storytelling in this platformer is also perfect for refreshing your memory before the last movie finally comes out!

ANIMAL CROSSING: NEW LEAF 3DS
Basically a village life simulator, *Animal Crossing* sees you fixing up your house, catching fish and bugs, planting things, and running around talking to fellow animal-folk as their newly appointed mayor. If it sounds simple, it is. And it's also unexplainably addicting. Another catch is that the game plays out in real-time—which will inevitably lead to surreptitious gaming beneath your office desk!

ANNOYINGLY CONSERVATIVE

THE AMAZING HIGHS AND LOWS - OF THE - SPIDER-MAN FRANCHISE

Sam Raimi
The Evil Dead director brought a fresh perspective to Spidey. Fans rallied behind him and rabid geeks sung his praises… then *Spider-Man 3* happened.

Marc Webb
His claim to fame was directing *500 Days of Summer*. While some complained the reboot was premature, any doubts were quickly put to rest after the success that was *The Amazing Spider-Man*.

Emma Stone
After the pointless portrayal of Gwen Stacy in *Spider-Man 3* by Bryce Dallas Howard, Emma Stone's intense likeability coupled with her easy-going charm gave Peter Parker's first true love some much-needed redemption.

Andrew Garfield
A fresh face reinvigorated the Spidey franchise by restoring the quick-witted charm Spider-Man was known and loved for.

Tobey Maguire
While Maguire's portrayal of Spider-Man was perfectly acceptable, by the third film, it was obvious that more was required of the role.

Kirsten Dunst
The Internet's disdain for Kirsten Dunst's portrayal of the loveable redhead is well documented. Her turn as Mary Jane Watson was lackluster to say the least.

The entire *Spider-Man 3*
Peter Parker's transformation from adorable goof to full-fledged emo kid was a good indicator that *Spider-Man 3* just had "wrong" written all over it.

WORDS: CHIARA CUI

SIMCITY PC
Ever think to yourself that you can do a better job than the MMDA? This city builder is the game for you. *SimCity's* been out for a while, but the always-online requirement pissed off many gamers. The good news is a patch for offline play is out–*FHM*tropolis, here we come!

BROKEN SWORD 5: THE SERPENT'S CURSE PC, mobile
If you're still furious about your (low) *Flappy Bird* score, then consider switching to this rather more cerebral adventure game instead. Witty, charming, and set in a beautifully drawn Paris, George and Nico tackle a plot involving the Templars and quite a few head-scratching puzzles. Its point-and-click gaming is pretty much perfect for your iPhone.

PARENT-APPROVED

WORDS: ASH MAHINAY

THE BRO FACTOR

TEST YOUR TESTOSTERONE WITH THIS HANDY SUMMER MOVIE GUIDE

Bro factor: 20% Warning: For sensitive bros only

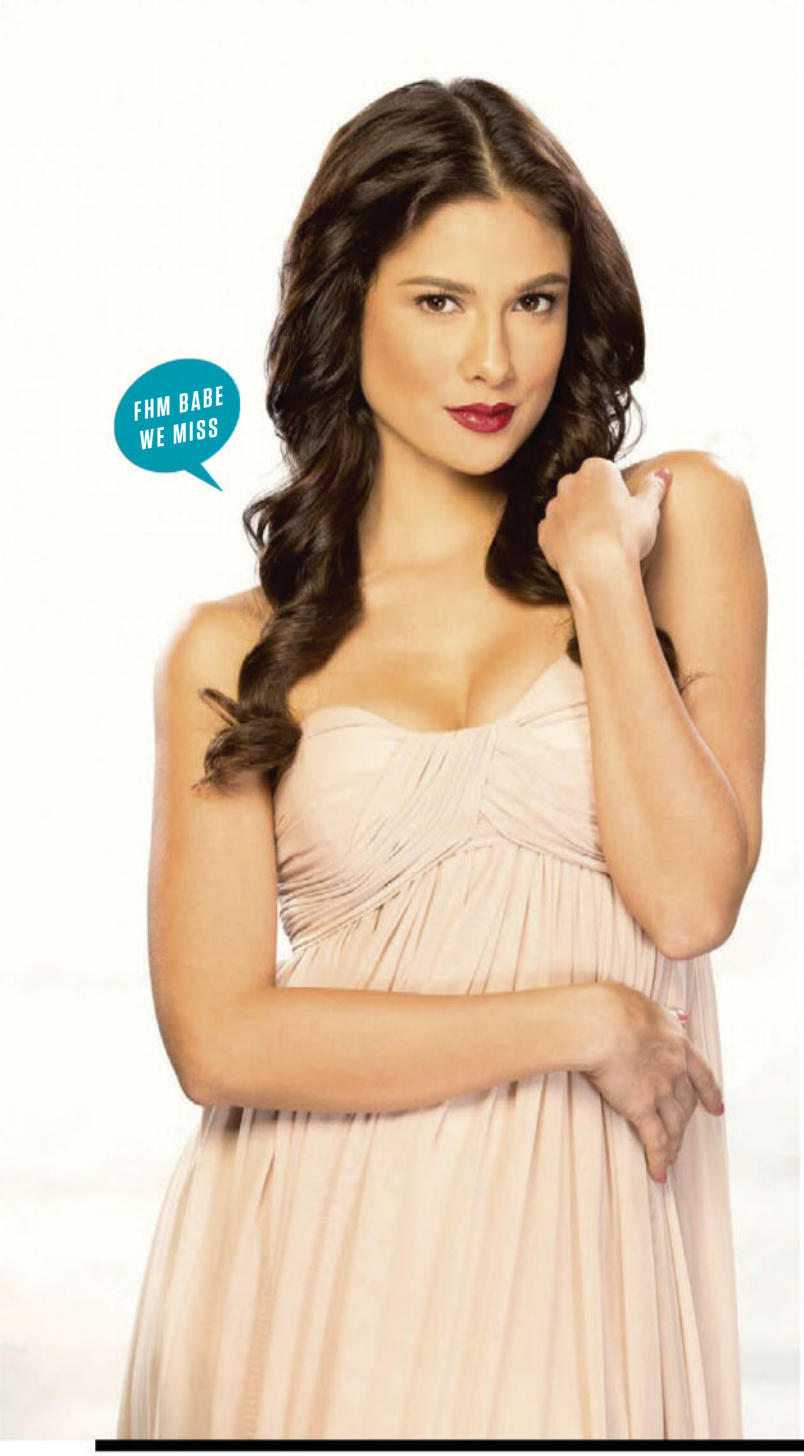
HEAVEN IS FOR REAL
Director: Randall Wallace
With: Greg Kinnear, Kelly Reilly, Thomas Haden Church
Todd Burpo is a small-town father who must find the courage to share his son's story with the rest of the world. Based on a true story, it's a family's journey as they deal with a near-death experience and the learnings that come with it.

Bro factor: 99% For aggro bros

GODZILLA
Director: Gareth Edwards
With: Bryan Cranston, Aaron Taylor Johnson, Elizabeth Olsen, Ken Watanabe
The second American reboot, Godzilla is re-imagined as the ultimate anti-hero. He battles Earth's military forces and other malevolent creatures like the spider-like Muto. Bring on the new adversaries!

Bro factor: 99% For Apatow-heads, average bros, and 30-something-not-quite-a-bro-anymore bros

NEIGHBORS
Director: Nicholas Stoller
With: Seth Rogen, Zac Efron, Rose Byrne
New parents Mac (Rogen) and Kelly (Byrne) move into a neighborhood with their newborn eager for a fresh start. Things don't go as smoothly when a fraternity moves in next door.



03

TELEVISION

THE ART OF INFATUATION

***FHM* COVERGIRL AND *OBSESSION* STAR BIANCA KING KNOWS THAT TO BE THE OBJECT OF FIXATION, YOU NEED TO KNOW HOW TO BE OBSESSED YOURSELF**

OBSESSION
TV5, Thursdays, 8:00 PM
With: Bianca King, Neri Naig, Martin Escudero, Marvin Agustin
The romantic tale turned psycho-thriller *Obsession* wraps up over the next two weeks, leaving its audience with cautionary advice on the dangers of heady love. In the show, the lovely Bianca King plays Vanessa, a woman obsessed with a past lover who rejects her after a mishap permanently damages her face.

Can obsession be a good thing?
It can be a good thing if you're obsessed with something that will help the greater good. Obsessed *ako sa* health and wellness. Being obsessed with something that's good for you is not self-destructive.

Has romantic love ever driven you crazy?
Being in love and going crazy go hand in hand. *Pag* in love *ka sa isang tao*, they drive you crazy. You have heightened emotions.

How are you similar to your character, Vanessa, in *Obsession*?
We're both determined, headstrong, and confident. Differences *naman namin*: obsessive *siya* when it comes to love. *Kasi pag* time to let go, *marunong naman ako*.

Self-image and beauty are themes of the show. How far will you go to achieve being beautiful?
It's very important. I think, loving yourself from within also comes from loving your physical attributes. They're connected. When I get older, I wouldn't mind resorting to science. It's there for a purpose. I don't think meddling with how you look like is bad just as long as you do it in moderation.

MORE *FHM* COVERGIRLS INVADE YOUR TV

CARMELA: ANG PINAKAMAGANDANG BABAE SA MUNDONG IBABAW
GMA-7, weeknights, primetime
With: Marian Rivera, Alden Richards
The Sexiest in the land plays the ravishing Carmela, whose beauty is a curse she inherits from her luckless mother. It follows a revenge plot, with a heroine out for redemption.

THE LEGAL WIFE
ABS-CBN, weeknights, primetime
With: Angel Locsin, Maja Salvador
Yet another story about extramarital affairs and the struggle of individuals to repair relationships ruined by infidelity. The upside: Angel portrays the scorned wife. Also, Maja Salvador. We're already hooked.

RHODORA X
GMA-7, weekdays, afternoon prime
With: Jennylyn Mercado, Mark Herras,
Abducted as a child, Rhodora (Jennylyn) develops a split personality, which manifests as her alter ego—the manipulative Roxanne. There's nothing like an evil, nasty side to turn male viewers on. Time to get whipped!

WORDS: ABIGAIL MENDOZA

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1 **Ron dela Cruz** guitars and vocals; 2 **Dave Pimental** drums; 3 **Bry Gadia** guitars; 4 **Emil dela Rosa** bass

04

MUSIC

NOT FOR THE FAINT OF HEART

FAINTLIGHT'S LOUD BRAND OF ROCK AND ROLL WILL LEAVE A RINGING IN YOUR EARS (BUT IN A GOOD WAY)

LISTEN IN ON THE BAND:
www.facebook.com/faintlightnow
faintlight.bandcamp.com
Instagram: @faintlight

FLIGHT

This 11-track album features bolder hardcore rock music, after the band struggled for six years in production (and three vocalist changes). Drummer and lyricist Dave Pimentel says that the lyrics matured over time, while compositions by vocalist and guitarist Ron dela Cruz improved immensely; Bry Gadia's guitar work and Emil dela Rosa's bass slapping gaining more momentum with experience. Single "Hearts On Our Skin," has been released with a music video (YouTube that now). It's a testament to the fact that head-bangin' isn't dead. After half a decade of heart-stomping riffs, curious covers, and over 16,000 likes (and still growing) on Facebook, is the band ready to take flight? We sure hope so.

"Faintlight" sounds like a mellow-sounding band. What's the story behind your name?
Ron: Ha ha! *Hindi* mellow *yung* music *namin*. Not at all.
Dave: There was a line in a book that struck me, and it says, "Even the faintest of lights can lead you out in the dark." Music somehow became the light in our lives.
You guys obviously share a tight relationship.
Dave: We're the original members, but we used to be female-fronted.
Ron: *Dati lima kami, kaso yung isa laging kinakain ni* Bry. Ha ha!
Bry: *Tatlo silang kinain ko, kaya mukha akong busog na busog*. Ha ha!
You've gone through three vocalists in six years. *Sino sa inyo ang may balat sa pwet?*
Ron: Feeling *namin si* Bry *eh*. Ha ha!
Bry: *Na-stop talaga yung* music production.
How did Ron end up on vocals?
Ron: *Sinubukan ko lang kantahin yung* songs in a lower tune.
Emil: After, we decided to produce a full-length album since I own a small studio at home.
You recently did a cover of Zedd's "Clarity," and it showed your versatility as a band.

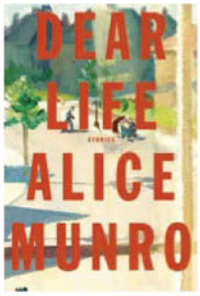
Ron: *Nag-umpisa lang yan sa* Paps Music, music event, which I spearheaded. The theme of the event was party songs, so we chose "Clarity."
Dave: By doing covers, we try to get more people to listen to us.
"Hearts On Our Skin" was well received with its music video.
Dave: Everything is self-produced. Ron gave me a riff and I had to think of lyrics. *Ang* prejudged *kasi ng mga* tattooed people, so *na-inspire ako* to tackle that issue in our society.
Is having tattoos a prerequisite for the fifth member?
Ron: Ha ha! *Hindi naman*!
Dave: *Pero si* Emil *na lang yung walang* tattoo *sa amin*.
Emil:...

INTERVIEW: PONG CASTILLO; PHOTOGRAPHY: PAUL MONDOK

LET'S CELEBRATE
YOURSELF
STAY
CURIOUS
Lee

05 BOOKS LENGTH-WISE

SHORT STORY COLLECTIONS THAT ARE EASY PICK-ME-UPS ON THE ROAD...



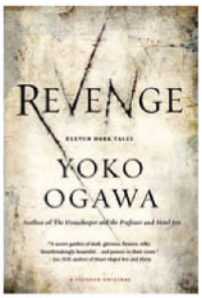
DEAR LIFE

Alice Munro

If you're feeling: *In a noble, novel, or Nobel sort of mood*

A short story collection from the latest Nobel Prize winner for literature. As spare as chicken bones sticking out of the sand—she's got no time to waste on sentiment or for long-winded, high-minded prose. She has recently made noises that she's about done with writing (she is pushing 80, after all), which makes her last collection of shorts, released in 2012, even more precious. Each sketch is precisely controlled, and richly drawn. Strap yourself in; this is the stuff of a true master.

Start with: "In Sight of the Lake"



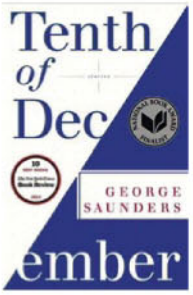
REVENGE: ELEVEN DARK TALES

Yoko Ogawa

If you're feeling: *Like you're in need of a good creep-out*

You want 11 dark tales? Ogawa delivers surreal, unnerving otherworldliness—combined with flat, unfeeling narrators—that the Japanese seem to serve up so well. Her centerpiece tale revolves around a designer who receives an unusual order (a bag to hold a heart that happens to grow outside a client's chest), but each story is a grim, dreamlike gem, with recurring characters, places, and motifs weaved into uneasy nightmares.

Start with: "Sewing for the Heart"



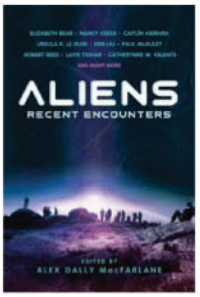
TENTH OF DECEMBER

George Saunders

If you're feeling: *Especially cruel, in a maniacally funny kind of way*

A collection of rollicking, caustic stories of the lost American, who lurch around in small towns, wallowing in their uncoolness and self-hatred, popping pills of ViviStif (Saunder's fake brand name for Viagra). Saunders has been canonized a living saint of the short story, and *Tenth* dishes up ten reasons we worship at his clawed feet. In one story, there's a 14-year-old girl who thinks she's pretty, a geek who's got a crush on her, and the perverted rapist who wants to abduct the girl.

Start with: "Escape from Spiderhead"



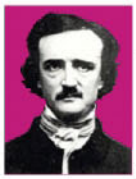
ALIENS: RECENT ENCOUNTERS

Various authors

If you're feeling: *Like you want to believe*

They're out there, traveling through the stars, invading your planet, or aging wine inside the stomachs of horses. Yes, they're aliens, and they come in all imaginary shapes and sizes, as illustrated by this anthology that tackles immigration, war, and inter-connections, all written in different styles and different voices. Thirty-two stories from among the best names in sci-fi writing means unbeatable extraterrestrial bang for your buck.

Start with: "Seasons of the Ansarac" by Ursula le Guin



THE LONG AND SHORT OF A 'SHORT' STORY

EDGAR ALLAN POE ONCE DEFINED THE SHORT STORY AS ANY TALE THAT COULD BE READ IN ONE SITTING—BUT, REALLY, WHO HAS TIME FOR THAT? HERE'S HOW LONG IT TAKES TO READ THESE CLASSICS, AND THE FIVE-SECOND VERSION. BECAUSE LIFE IS TOO SHORT FOR A SHORT STORY

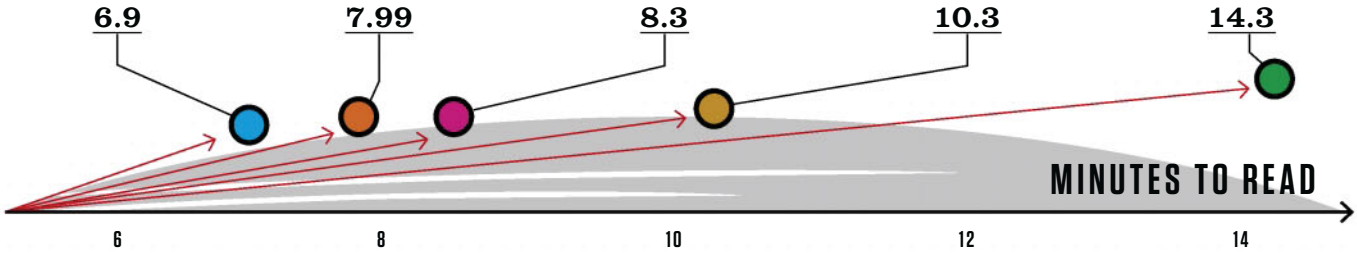
"The Lottery Ticket" by Anton Chekhov
Five-second version: A husband and wife think they win the lottery. But then they don't. The end.

"Araby" by James Joyce
Five-second version: It's about...um...a guy... and...um...a girl...and a market and they...um... Forget it. It's Joyce—there is no five-second version.

"The Cask of Amontillado" by Edgar Allan Poe
Five-second version: Dude pays back a guy by getting him drunk and then bricking him up inside a wall. In other words, badass revenge.

"The Necklace" by Guy de Mapaussant
Five-second version: Social climber borrows a necklace, loses it, gets poor paying it back, but in the end, realizes it was a fake. Dumbass.

"Eva is Inside Her Cat" by Gabriel Garcia Marquez
Five-second version: Hot chick thinks she's too pretty, so she kills herself. #thirdworldlitprobs



WORDS: LIO MANGUBAT

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Marc Pingris
Chris Tiu
FOR UNEVEN SKIN TONE
FOR OILY SKIN
with COOLING ZEROIL
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PENETRATE HER MIND

LOUNGE

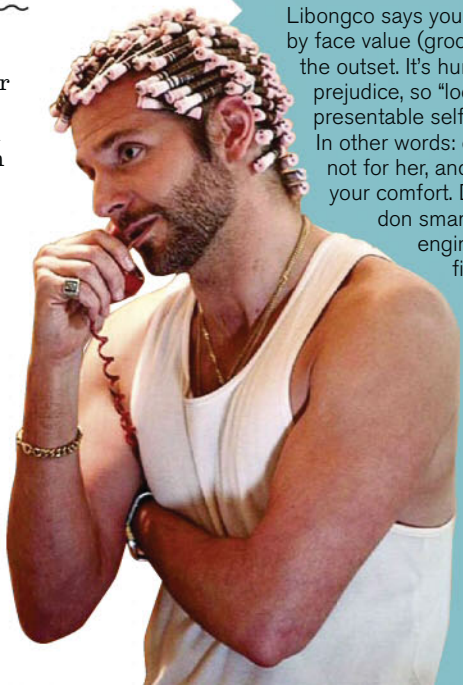
TIME TO MEET

THE PARENTS

Will they bite? You'll never know for sure. But you can set up battle plans for biting back—metaphorically, of course

01 DO YOUR HOMEWORK

Her dad's a military man? Her mom's a retired professor? If your girl doesn't talk about her 'rents enough or you can't be bothered with the details, then you shouldn't be meeting them in the first place.
Dont: Add everyone on Facebook. Not yet. You don't want to seem the FC (feeling close) type.



02 DON'T BE YOURSELF—FOR NOW AT LEAST

Human Resource Assistant Dennise Libongco says you will be judged by face value (grooming, style) on the outset. It's human nature—not prejudice, so "look your more presentable self," Libongco advises. In other words: dress for her parents, not for her, and definitely not for your comfort. Ditch the *sando* and don smart casual. Patty Prieto, engineer and parent of five, says hygiene is crucial. "Mind the details—nails, facial hair, and oral hygiene."
Don't: Overdo it. Unless you're meeting in a five-star hotel, your dress shoes and slacks could wait in the closet.

DECIPHER PARENTAL BODY LANGUAGE

EYE TO EYE
If you're interesting enough, you can tell her parents are into you and your stories if they look you directly in the eyes. Keep it locked in and you've won half the battle.

CROSSED ARMS
Someone who crosses their arms mid-conversation sets a defensive barrier or a sign of disinterest, which here could mean, "I'm not quite sure about you, boy."

BOTH HANDS
Her parents shook your hand with both hands—that's great! It means they're actually opening up to you. And it also means they're in it with control and dominance.

WORDS: PONG CASTILLO

QUICK (AND CORRECT) ANSWERS TO SNEAKY PARENT QUESTIONS

HIJO, ANONG TRABAHO MO?

VOLLEYBALL PLAYER *PO*
(JOB TITLE)
AKO SA BARANGGAY NAMIN."
(COMPANY)

Stick to short answers. If your job is interesting, they'll ask more questions, dazzle with long answers only then.

ANO BA ANG PLANO MO SA BUHAY?

I'M CURRENTLY WORKING ON SETTING UP A *KWEK-KWEK* BUSINESS
(RELEVANT PROJECT)

When questions are vague, don't answer with another question (i.e. *Ano'ng plano*?). Focus on what you're doing now. Be specific and funny where applicable.

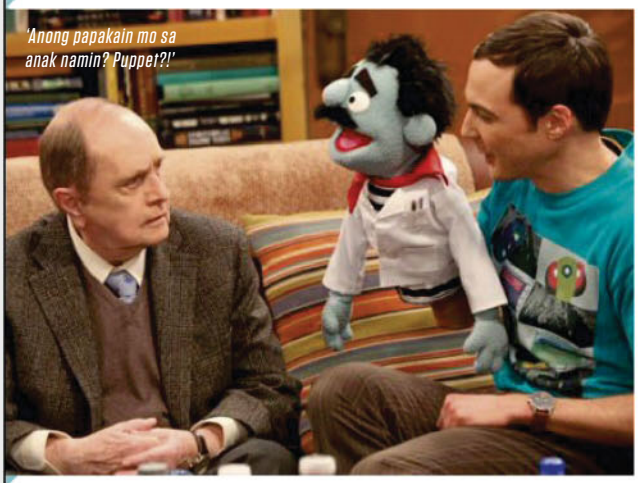
WHAT DO YOU LIKE ABOUT OUR DAUGHTER?

I LIKE THAT SHE'S ATHLETIC AND
(ADJECTIVE)
WE'RE BOTH INTO VOLLEYBALL.
(NOUN/ADJECTIVE)

It's great that she's *makinis* and all that, but her parents need to know that you both meet at some point.

06 DON'T SCRIMP ON THE SMALL TALK

The key is saying the right things at the right time. Compliment by saying dinner tastes delicious, or their house is nice. If her dad is into sports and you don't know a thing about it, talk him up about cars, a book, or his profession.
Don't: Get into serious topics like religion, politics, and beliefs. Debates can wait later.



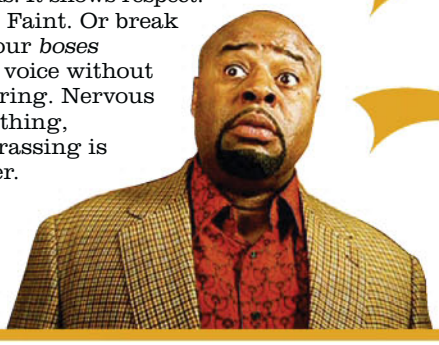
'Anong papakain mo sa anak namin? Puppet?!'

03 BRING GIFTS

Libongco says giving a simple gift would mean that you're "excited to meet them." Wine will do. Anything too pricey (half your take-home pay), personal (insert *bembang* booster), and off their collective wish list (ticket to Spain) won't spell generous, but will reek: *sipsip*.
Don't: Ignore our first tip (See: do your homework). Her dad might be a recovering alcoholic, or mom, allergic to peanuts.

04 YOUR NERVOUSNESS IS APPRECIATED

Tina Reyes, office clerk and parent of four, says that seeing her daughter's boyfriend flustered somehow shows that he takes the meeting seriously enough to get nervous. It shows respect.
Don't: Faint. Or break into your *boses binata* voice without recovering. Nervous is one thing, embarrassing is another.

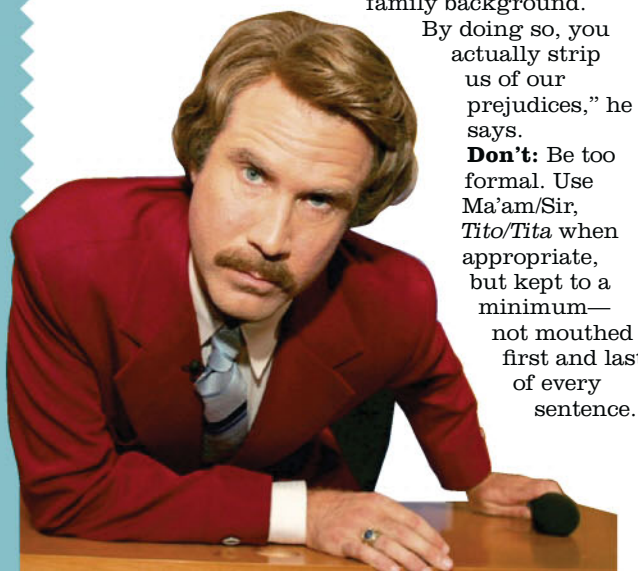


05 BUT BE COOL IF YOU CAN

Libongco says confidence brings out the best in people. How do you know you're not being overly confident and a big douche? Ask your girlfriend.
Don't: Be cooler than her dad, or more talkative than her mom. They want you to know them as much as they do you.

07 SELL YOURSELF

Jun Neri, lawyer and father of two, says it's important for him to know what's actually going on in his daughter's suitor's life. Which means the basics: "Let us know about your job, a bit of your family background. By doing so, you actually strip us of our prejudices," he says.
Don't: Be too formal. Use Ma'am/Sir, *Tito/Tita* when appropriate, but kept to a minimum—not mouthed first and last of every sentence.



08 EXIT GRACEFULLY

There's no need to be clingy. If it's nearing midnight, then your visiting hours are probably up, Cinderella. If you feel like they're into you, too, you can crack a, "*Sa uulitin po*!". If they don't like you—a simple thank you will do.
Don't: Sneak out—even when things get ugly and boring. And not into your girlfriend's bedroom if they let you stay the night.

A J MASTER DEBATERS

COME IN OR COME OUT?

When it comes to matters of true love—where does that leave your spunk? Our experts present their case...

Slam dunk! *Parang* basketball *lang yan, siyempre le-layup ka sa loob ng* ring. *Pag sa labas—sablay*! *Parang hindi kumpleto yung* sex *niyo. Wala nang sasarap pa sa* feeling of your partner cumming inside you, *lalo na pag* love *mo*...so warm. Heaven!

As much as I love my mate, I still want him to jizz elsewhere. *Haler*—I don't want to get pregnant! Besides, why do you need to come there when you can come all over my face and breasts? That's more fun! We can play with your juice and use it for breast massage. *Saraaap*! Haha!

PHOTOGRAPHY: EJAY LEUNG OF MIDNIGHT BONKERS; STYLING: DEBRA BERNALES; MAKEUP: JANINA DIZON FOR ABBY, AMANDA PADILLA FOR JAHZIEL; HAIR: GEORM IMPERIAL FOR ABBY, DIMPLE CALLADA FOR JAHZIEL

Fine. *May* point *ka dun sa* jizzing *sa labas ng* vajayjay. *Pero aminin niyo—ang hirap magpigil*! *Masarap pa din yung* sex *na walang* hesitations, you're not holding back. Go *lang sa* flow!

But I think most guys who want to come inside are weak. They can't squeeze to control their orgasm and it puts me off ease. *Matatakot akong mabuntis, so nakaka-stress*! If you don't plan on making babies, come outside *na lang*—spray that juice everywhere! Except there.

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SEX WILL CURE* HER

Frigidity and *pagsusungit* nothwithstanding, your gunk is off to relieve her in ways your *manoy* wouldn't have suspected...

WORDS: CARA TANLIMCO

HEADACHE

THE STUDY

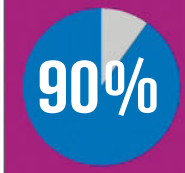
800 → 200

MIGRAINE PATIENTS (HEADACHE THAT INDUCES NAUSEA, VOMITING) → WITH CLUSTER HEADACHES (ONE-SIDED, STEADY-BURNING HEADACHES)

THE RESULT

60% OF MIGRAINE SUFFERERS REPORT MODERATE TO COMPLETE RELIEF

1 IN 4 OF CLUSTER HEADACHE SUFFERERS REPORT MODERATE TO COMPLETE RELIEF



90% OF BOTH MIGRAINE AND CLUSTER HEADACHE PATIENTS SAY SEX LESSENED OR RELIEVED *SAKIT NG ULO* PAINS ALTOGETHER

Source: "The impact of sexual activity on idiopathic headaches: an observational study: Cephalalgia, *Journal of the International Headache Society*

CRAMP / PERIOD PAINS

FORMULA FOR EASING HER PMS:

DAYS BEFORE *PAN DE REGLA* + SEX WITH ORGASM =

OXYTOCIN-ASSISTED *TOYO*-FREE GIRLFRIEND

Oxytocin: body-produced pain-relieving hormone

Puson pain is a result of prostaglandins messing with the oversensitive lining of her uterus, sending it into spasm and triggering nerve fibers that coax her inexplicable *toyo*.

MORNING SICKNESS

Doctor's RX:
Sperm of the same male that impregnated morning sickness-afflicted patient, to be ingested orally, until vomiting lets up.

The reason behind it:
Morning sickness is your pregnant woman's way of (initially) rejecting your fathered semen as an "infection" in her body. Ingesting the same semen again builds up tolerance for what's already inside her.

OBESITY

SEXUAL ACTIVITIES BURNS CALORIES. BUT WHAT KIND OF "EXERCISE" DOES IT PROVIDE TO MAKE IT SIGNIFICANT ENOUGH TO GET ANY WOMAN OFF THE SLUMPS OF OBESITY?

- UPS YOUR HEART RATE
- USES VARIOUS MUSCLES
- EASES LOAD VIA "BUDDY SYSTEM" WORKOUT

HOW MANY CALORIES ARE WE TALKING?*

150 to 250 calories every half hour

100 CALORIES MEN BURN IN AN AVERAGE SESSION (10 – 50 MINUTES)

96 CALORIES WOMEN BURN IN THE SAME SESSION

15 – 20 minutes IN THE SACK PASSES OFF AS A 30-MINUTE LOW INTENSITY WORKOUT

*Source: "Energy expenditure during sexual activity in young healthy couples (Public Library of Science), *Women's Health*

HICCUPS

Specifically: Intractable (read: prolonged and not easily relieved) hiccups. American Emergency Physician Francis Fesmire received an Ig Nobel Prize award in Medicine for a case report in 1988 that detailed orgasm "resulting in incredible stimulation of the vagus nerve" as one of two cures for persistent hiccups. The other cure? Erm, "digital rectal massage."

Vagus nerve: runs from the brain to the abdomen. When irritated, you get the hiccups.

WHAT DO YOU MEAN CURE?

*Leads to "partial or complete relief" of the following upsets according to a team of German neurologists from the University of Munster, Germany. Most "cures" require your semen to enter her body; others just need assisted orgasm.

COMMON COLD

FORMULA FOR NOT LETTING HER CATCH *SIPON*:

REGULAR SEX = IMMUNOGLOBULIN A

Immunoglobulin A: antibody that boosts the immune system and specifically fights off colds

1 out of 3 men suffer from

Premature Ejaculation.*

Talk to your doctor about it.

For more info, visit www.controlPE.ph

* McMahon CG, Lee G, Park JK, Adaikan PG. Premature ejaculation and erectile dysfunction prevalence and attitudes in the Asia-Pacific region. *J. Sex Med. 2012;9(2):454-65.*

LADIES' CONFESSIONS

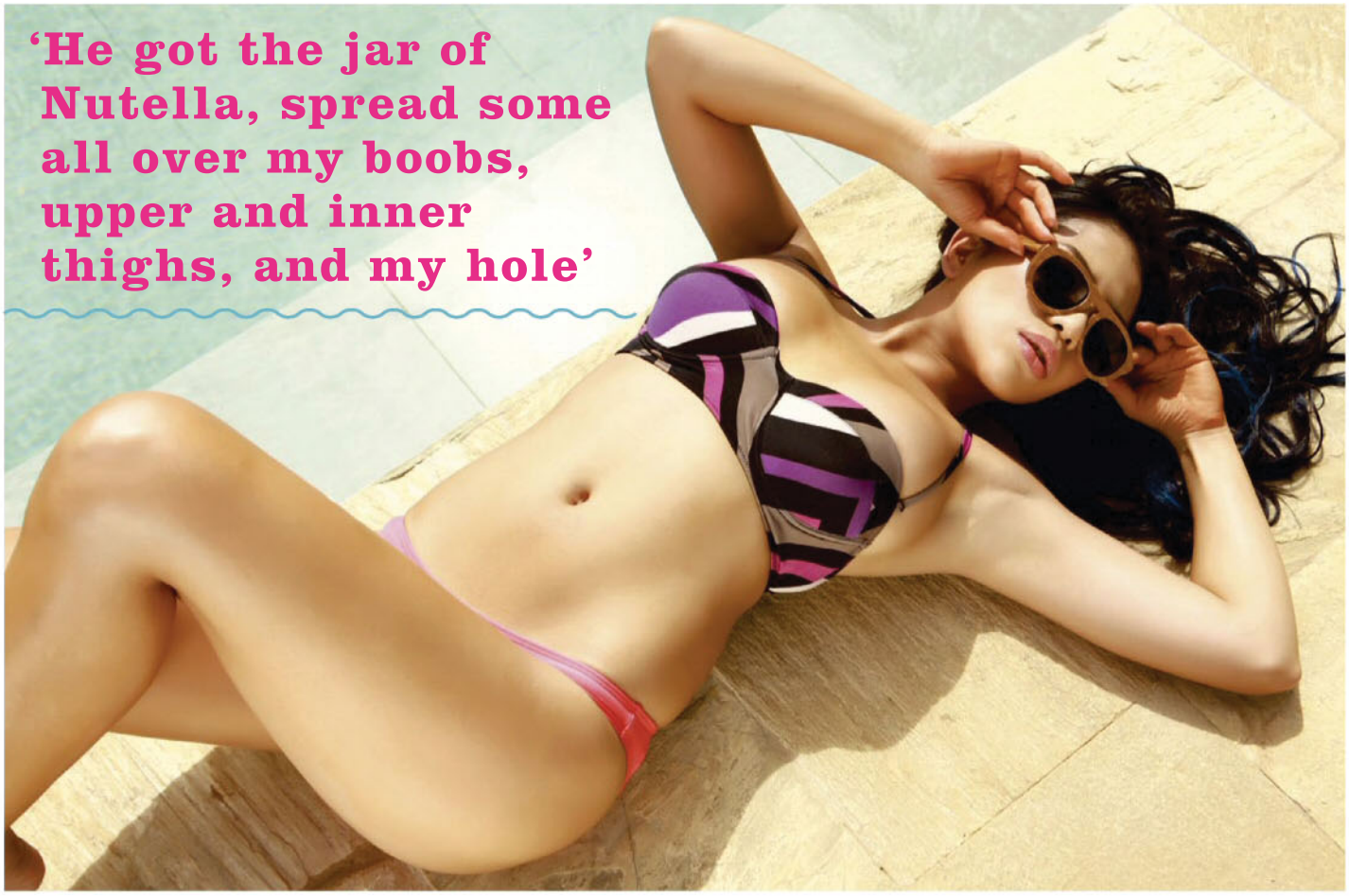
Putting chocolate and fingers to good use monthly...

CHOCOLATE HIGH

One night while watching TV in my apartment, my boyfriend snuggled next to me and asked me to give him a blowjob. I was drawn into the TV series so I said no. My boyfriend left the bedroom, and after a few minutes returned with just a bathrobe on. "*Maliligo ka na lang*?" I casually muttered. But he said no. He removed his robe and shocked me with his Nutella-coated dick. It was a good trick, and he got me really turned on. He sat on the bed, made me kneel and swallow his hard-on. While he was getting what he wanted, I must admit that I liked it, too. When I finished the Nutella off his warm penis, I went back to the kitchen for more. I gave him a wild mouth-fucking for almost half an hour before he gave me a facial when he came. I thought my boyfriend would doze off after, but he was sweet enough to return the favor. He got the jar of Nutella, spread some all over my boobs, upper and inner thighs, and my hole. While licking it all off, he was also finger-banging me, and I couldn't help but scream in pleasure. He licked my juices when all the chocolate spread was off. I thought it would end there, but my man was extra energetic that night. We fucked and even did other positions for the first time–one even had me squatting and thrusting him while he laid flat on his back, with his hard dick standing erect and ready to come in my hole. After several messy rounds in the bedroom, we decided to bathe and take off the sheets. Playing aloof in bed just got me into more fun.

Ms. Jones069, via FHM web page

Always here to listen, ladies! Keep sending your escapades to fhmladiesconfessions@gmail.com



'He got the jar of Nutella, spread some all over my boobs, upper and inner thighs, and my hole'

MODEL: TARA MEDINA; PHOTOGRAPHY: PAOLO PINEDA OF MIDNIGHT BONKERS; STYLING: DEBRA BERNALES; MAKEUP: AMANDA PADILLA; HAIR: RHOY CERVANTES; MODEL APPEARS FOR ILLUSTRATION PURPOSES ONLY

AFTER HOURS

This happened a long time ago when I worked as a sous chef in a restaurant in Alabang. It would always be busy and stressful in the kitchen, but our executive chef was really keen at what he was doing. I admired him, and on top of that, secretly fantasized about him. He was tall, fair-skinned, and had a strong sex appeal. Whenever I worked with him in the kitchen, I couldn't stop but think nasty things about him. One night, we had the same shift and were on duty until 11 p.m. I knew I had to take my chances, so I asked if he wanted to go to my condo and have late dinner there. He agreed, and I knew good things were going to happen. When we got to my place, I told him to take a seat and wait 'til I got changed into my *pambahay*. I went to my room and undressed, then I heard him walk towards me. He hugged me from behind and cupped my breasts. I was really excited and ready to get things going so I just let him. We started to kiss and I led him to my bed. Next thing I knew, my executive chef was sucking my tits, licking it, and groping me everywhere. I loved it! I took off his clothes and gave him a blowjob. His dick was really hard, just perfect for my really wet hole. We were rough in the sack, trying different positions and techniques. My favorite was when he ate me while finger-fucking me at the same time. His tongue slid up and down, while his two fingers roughly fucked me. By that time, I was thinking how he was better than I ever imagined. It was a long and rough night. We both called in sick for work the next morning.

Kiki_, by email

V-DAY THREE-WAY

After spending the Valentine's Day *salubong* out in a club, I decided to crash in my guy friend's condo, which he shared with his girlfriend. I've been single for a while, so I kind of turned into their constant third wheel every date night. The alcohol probably did it–I snuck into their room and caught them making out. I even let out a "*Bulaga*!" and laughed, when the girlfriend invited me to join them on the bed. My guy friend looked okay with it, so I jumped into the bed and naughtily went on top of them, tickling them and shouting, "Happy Valentine's Day!" I was really *makulit* and loud, and I was surprised when the girlfriend kissed me and went on top of me to shut me up. I just let her while her boyfriend watched us. We stripped off our clothes and made out, and a few minutes into it, my guy friend joined in. Next thing I knew, I was in a threesome with my friends on Valentine's Day! I especially enjoyed fondling my girl friend's breasts to get my guy friend really horny. The morning after looked like that of a rom com movie's a man on the bed, sandwiched by two naked girls.

Juday P., by email

IN THE MASTER'S LAIR

My best guy friend spent five years abroad, so when he came back for a vacation, I knew I had to be there for him as much as I could. Our *barkada* set up a welcome party for him at our friend's house. After bottles of tequila and whisky, we were all so wasted. My best guy friend and I ended up in a naughty pillow fight after poking fun at each other. Our whole barkada started teasing us about it but we just shrugged it off. When it was past midnight, our friends decided to eat at the nearby go to place, but my best guy friend and I decided to stay behind. Feeling naughty and kinky, we snuck into one of the bedrooms in the house. Just when we were about to get it on, we noticed our friend's brother sleeping on a mattress on the floor. It was such a bummer, but we were persistent so we still found a way anyway. It was our friend's grandparents' room, so the bed was old-fashioned, with pillars in its corners. My best guy friend and I went to the other side of the bed opposite the sleeping brother, and he made me bend over while grabbing one post for balance. He pulled down my undies and slowly rammed me. I was not yet wet then, so he asked me to lay flat on the bed while he did his tricks on me with his tongue. He was eating me wildly, and it got me really wet. We got back to our first position, this time he was doing me rough. It was *bitin* that we couldn't really use the bed, but at least we were able to do the deed. We did it again in my best guy friend's condo plenty more times before he went back abroad. I'm surely going to miss him.

VictoriaValentine, by email

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hello, ~~Ashley~~ here

Web sensation Petra Mahalimuyak is really Ashley Rivera. This is her true self—no streaming, no buffering, all real

XANDER ANGELES OF EDGE OF LIGHT

ANTON D. UMALI

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HAIR: RHOY CERVANTES FOR L'OREAL PROFESSIONNEL
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Ashley Rivera

The name Ashley Rivera might not ring a bell to most.

It's a name that's common enough and could belong to anyone: an ex-girlfriend, a distant cousin, or even a college cutie you only eyed from afar. But anyone who exhausts their idle hours online (which is practically anyone on the planet with a PC, laptop, or smartphone) will certainly recognize Ashley here as YouTube sensation Petra Mahalimuyak.

As Petra, Ashley took on the persona of an English-language-bumbling Filipina who doled out hilarious dance tutorials in an oddly exaggerated (but not too unbelievable) accent. Soon, the videos went viral and Petra's… erm…we mean Ashley's work was being liked, posted, and shared for Millennials here and abroad to be devoured.

See, Ashley belongs to the YouTube generation (she is, after all, only 21 years old): A people weaned on torrents, USB ports, and various social media like Facebook and Instagram, in a time when fame (and even infamy) can arrive at one's home(screen) with the help of a little talent and the click of a button. A pre-douchebag Justin Bieber was discovered on YouTube. So was Carly Rae Jepsen ("Call Me Maybe," anyone?). And even Ashley's co-endorser for the new Ford EcoSport, comedian Bogart the Explorer, is a product of the video-dispensing website.

"It's scary," Ashley says about how the Internet can propel a relative nobody into instant recognition. Yet here she is, capitalizing on her online efforts and providing a new form of entertainment for you to download into your subconscious. But now she's giving her avatar a revamp of sorts, shedding the Petra Mahalimuyak character for who she really is.

"You can't use a joke over and over again," she explains. "Petra Mahalimuyak was a phase, a stepping stone. Even before that all happened, I'd always wanted to get into showbiz. Everything happens for a reason and everything happens in its own time."

Trolls and haters best step aside. The real Ashley Rivera is here to stay.

You first gained Internet fame for your Petra Mahalimuyak videos on YouTube. Can you tell us how that all began?

Bata pa lang ako, super bibo na ako. I liked entertaining my *titas* and *titos. Kanta*? *Sayaw*? Go! My dad is super *kulit* and so is my mom. I was the class clown in high school. I'm like a parrot. *Pag may konting sablay yung isang tao, gagayahin ko.* One time, I was joking with my classmates using the Petra accent, going like, "Oh my gahd! What's going on ober hurr?" and they kept on laughing.

And where did the name Petra Mahalimuyak come from?

It was actually one of my classmates who called me Petra, Aling Petra. *Hindi ko pinansin.* But then I moved to Las Vegas when I was 18. *Wala akong magawa* while I was there. I was bored to death. You need to be at least 21 to have fun. I couldn't go to the casinos or clubs. I was always at home or working at this cellphone store.

Did the boredom lead to the videos?

Just to entertain myself and other people I decided, "*Mag* video *kaya ako*?" Trip *lang. Baliw lang talaga.* My sister is a fan of makeup guru Michelle Phan, who had YouTube tutorials that went like, "So now apply the shadows, blah, blah, blah," and *ginago ko lang* with my own makeup video using an accent. I uploaded it on YouTube and boom! Wow! *Ang daming nag-share at kumalat.*

What was your reaction to all the hype?

It was unexpected. Before I uploaded the video, my mom made me create a YouTube account. Before we moved to Vegas, I was already making videos where I would copy Loonie [local FlipTop rapper]. I also did Janina San Miguel and Venus Raj! *Mga* major, major! Ha ha! My mom had an idea that since I had idle time in the States, I should make an account and post videos.

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Thanks, mom! So this entire thing was well planned?
When I logged on to YouTube, everyone had their own channel, their own target audience, and they didn't upload any videos that didn't have a theme. I told myself that I needed to come up with a character, and one day I thought I should be this Filipina girl *na* Tagalog *na* Tagalog *magsalita*. So I remembered Petra and mixed it with "Mahalimuyak" because *uso yung mga matalino, masipag, ma-ganito, ma-ganyan. Ang baho niya pakinggan di ba*? *Pero* it means *mabango*.

Did people know that you were just playing a character?
True enough, people really thought that Petra Mahalimuyak was my name.

What advice can you give aspiring Internet stars on the elements needed for a successful YouTube video?
For me, you need guts. If you're very shy or very bland, no one is going to want to watch you. Why would the public want someone boring? It needs to be entertaining or even controversial. Also, it needs to be something you don't see every day. There are thousands upon thousands of YouTubers out there. In my case, nothing was planned. It wasn't like, "I'm going to upload a video and *sisikat ako*." No. It wasn't like that. I was just doing my own thing and being myself. *Kung* weirdo *ka*, go for it! *Maganda yun kasi iba ka*.

Petra Mahalimuyak is hilarious, but then she also has this sexy vibe about her. Do you think that for female comedy videos to work there has to be a balance between funny and sexy?
I think funny is already sexy, whether you're a girl or a boy. *Kaya nga di ba yung* girls, when a guy is funny they fall in love. Even if looks-wise he's not that interesting, he becomes interesting *kasi napapatawa mo yung tao*. Actually, to be funny, you have to have brains. You have to be witty, and that's not easy. My Petra character is just me letting go. That would be me if I were drunk. Ha ha! It's fun because there are no boundaries. Let's face it: *Hindi naman ako pa-tweetums*. That's not my style. Sometimes though, Petra does go overboard.

Now, you've finally decided to shed the Petra Mahalimuyak image for your real name and identity, Ashley Rivera. What made you decide to do that?
You can't use a joke over and over again. Petra Mahalimuyak was a phase, a stepping stone. Even before all that happened, I've always wanted to get into showbiz. I auditioned for all the shows, like *PBB* and *StarStruck*. For some reason, it didn't work out. Everything happens for a reason and everything happens in its own time. When I moved to the States, *dun ako sumikat*, which is ironic. I didn't expect to be known as a comedienne. *Medyo*, whoa, Jim Carrey level *na yan ah*! Ha ha!

And the next phase in your career trajectory is...serious actress?
After comedy, *gusto ko namang seryosohin na ako*! Ha ha! *Medyo* people don't take me seriously. *Gusto ko naman medyo* sexy *na. Kasi yung* Petra character feels like a mascot to me. I can't be me, a real woman. *Parang bakla ako pag si* Petra *eh*.

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DRINK RESPONSIBLY

So now you're under the management of VIVA. Do you have any projects that are helping you channel this serious/sexy self?
I'm doing this game show with Fabio Ide called *Dobol or Samting*. We go to barangays and ask people to do silly challenges. *Ang kukulit talaga, yung tipong kakain ka ng itlog* or *sili. Baliw lang talaga* because the prize is a hundred pesos. I love it! Also, I'm going to be in a movie with Anne Curtis and Christine Reyes called *The Gifted*.

Wow! You sound busy. Have you reaped any other rewards from your YouTube gig?
I recently just finished a series of webisodes for the Ford EcoSport [a new compact SUV] with another YouTube star, Bogart the Explorer. This is a big deal for me because it's a big company. I feel like I'm in good hands with them and I love the product. You can't endorse something that you don't like. I always joke with them, "*O, pa-kotse naman kayo dyan*!"

You mentioned Vegas a while ago, and it is known as Sin City. What's the most sinful thing you've ever done sexually with another person?
Yes! Where I belong! Ha ha! I don't know. *Ang dami na*. Let's just say there were some fruits and strip-teasing involved.

Kinky. So what kind of man would deserve such a pleasure?
Physically, tall guys and anyone who is half-something. Over *na ako sa* Filipinos! Ha ha! Goodbye *na muna*. Ashley *muna ako* with a foreigner. *Pero hindi ako benta sa kanila! Gusto nila yung* exotic. Of course, I want abs *para* breakfast in bed.

What about in terms of personality?
Personality-wise, I need someone who is down-to-earth. I don't care if you are rich. I don't like cocky guys. You need to be *makulit* because if you're boring, it might not work. They say opposites attract *pero makulit* and *madaldal ako*. I have a lot of energy. *Gusto ko yung sinasabayan ako*. He has to be spontaneous. *Kaladkarin ako*. He also has to be generous. I'm not a gold digger, but I'm also a very generous person with the people I love. I tend to spoil them, and that was my problem in past relationships. I would often give too much.

That's a lot of requirements. If you had that perfect man, how would you return the favor as a girlfriend?
I'm very *malambing* and *maalaga*. Once I'm in a relationship, I give my all. I think I got it from my mom. I'm very touchy-feely. I like to hug and kiss. I really express myself. I'd cook for you. *Pagsisilbihan kita*.

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Ashley Rivera

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Since you did start your career on the Internet, do you have any opinion about how fame is so easily accessible these days?
I think it's crazy. Anything we do on social media that attracts attention, it's kind of scary. Imagine thousands following you, and you don't even know who these people are. What if there's a stalker? Sometimes it's surprising how some people can get so much fame when they don't have any talent. It's not like I'm saying I have all this talent, but there are others you look at and you're just like, "Why?" I think that the new generation is just really into technology. Sometimes I can't even keep up anymore. There's always a new app, a new program, a new this, a new that.

Haters and trolls thrive on the Internet. Have you ever gotten any negative reactions for your online efforts?
Isa pa yun. Oh my gosh! Super *dami*! With my first three to five videos, they were flooded with comments. One said: "*Sino ka bang* trying hard? *Mag-porn ka na lang*!" Stuff like that. I never expected to be known as a YouTube star so when I started uploading videos, I didn't know how to handle it. I got obsessed reading the comments to the point *na umiiyak na ako*.

So how did you get over all the hate thrown your way?
My mom told me to let it go. She told me to stop because if I let it affect me too much, it would prevent me from uploading more videos. It's also good to read the comments sometimes because I find out what people think. *May ibang gago lang talaga* who try to put you down by saying things like, "*Akala mo kung sino kang maganda*! *Tangina ang panget mo*!" One person even emailed me. I don't know how they got my personal email address. The letter said something like, "What are these videos you are doing? *Ang bobo mo*! *Hindi ka marunong mag-English. Nakakahiya sa mga* Pilipino." I cried it all out and I even thought that I didn't deserve the recognition. But I just know I want to entertain people so my mom told me to accept the haters. At least *alam ko may mga nanunuod*.

Have you had any haters turned lovers of your web videos?
To counter the negative comments, I created another character, Tiffany Madison, and she had a British accent just to show people that I could actually speak English. From there some haters were converted. The comments read: "Wow! Oh, you do know how to speak English!" I mean, duh, that was the joke, right? Ha ha.

For someone who is used to taking on different personas, you seem very in touch with yourself and your sexuality. Where does that natural ability come from?
People in the States are more liberated. Living there opened my mind. For my age, I don't act and think my age. Not the kind of open-minded *na* I'll do porn and show my boobs and shit like that. I am a woman. I do have the assets so why not work it. As long as I'm not being skanky, things should be fine.

Does this open-mindedness extend to the bedroom as well?
Oh! Ha ha! That's for me to know and for you to find out!

Now that Petra is forever in cyberspace, what's next for Ashley Rivera?
People might react to this [shoot] and say, "Now you're posing for *FHM*?" but I was really ready for this. I want people to know that I can be more than just Petra. I can do films, shows, and shoots. I want them to see that I can be a *kontrabida*, a mermaid, or whatever. Ha ha! Just expect more of me. I've been praying and I think I deserve a break.

Lastly, you're most famous character's last name is Mahalimuyak. In your opinion, *ano ang pinakamahlimuyak na bahagi ng katawan mo*?
Yung kili-kili ko! *Bakit*? It's so smooth and white! You know why I answered that? I have a fetish for armpits. With men, I like it smooth and not too bushy. I really have certain standards for *kili-kili*! *Ang* weird *ko talaga*! **FHM**

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Ashley Rivera

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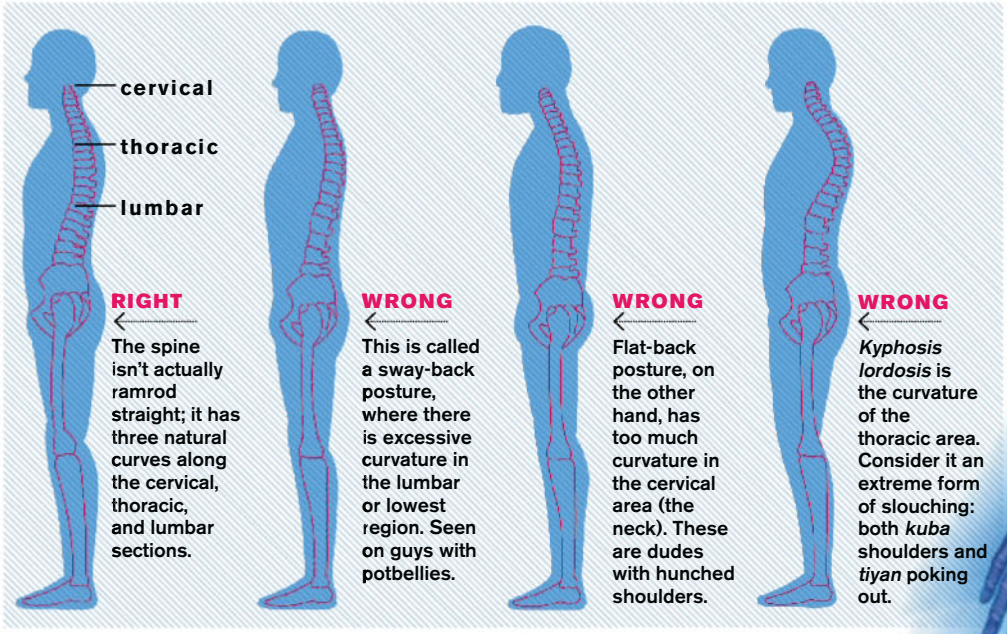


BUT WHO CARES IF I'M *KUBA*?

EVERYONE. Your posture, along with your gestures and facial expression, is an important aspect of non-verbal communication, notes UP social psychology professor Eric Julian Manalastas. "Postural expansion—standing tall, arms reaching outward—is associated by perceivers as dominance and high status," he says. Some highfalutin abstract concepts literally rest on your shoulders: "Carrying yourself the 'right' way might be related to two fundamental aspects of interpersonal perception: mastery and warmth," Manalastas adds. "Effective communicators are judged as high-mastery, powerful, and competent, while at the same time warm, expressive, trustworthy, and not aloof or cold." Basically how kin, bro, and chick alike should think of a generally awesome dude.

WHEN YOU'RE	CONFIGURE YOURSELF INTO	BECAUSE THE EXPERT SAYS	WHAT YOU'RE SECRETLY SAYING
OUT WITH BOSSES AND RESPECTABLE MEN-FOLK	STRAIGHT BACK, PLUS CONFIDENT HANDSHAKE	"THIS COMMUNICATES BOTH WARMTH AND MASTERY."	"I'M COOL TO HAVE AROUND."
SLUMPED OVER YOUR OFFICE DESK	A PROPER SITTING POSITION (SEE PANEL)	"SLOUCHING INDICATES LOW MASTERY AND FATIGUE."	"I'M THIS CLOSE TO HANGING MYSELF."
WITH YOUR BROS	A COMFORTABLE POSTURE AND STANCE	"THIS INDICATES WARMTH AND CONNECTION."	"LOVE YOU GUYS. NO HOMO."
MAKING A MOVE ON A HOT CHICK	STRAIGHT BACK AND EYE CONTACT; SMILING	"THIS IS BOTH STRONG AND WARM."	"I'M AN INTRIGUING DUDE, BUT HARMLESS"

YOUR BODY, APPARENTLY. Your spinal column is your nervous system's Edsa, connecting your brain to the rest of your body via a very busy network of nerves nestled inside. To prove how standing straight does wonders for your health, a small sample of the most out-there health conditions affected by bad posture, here…

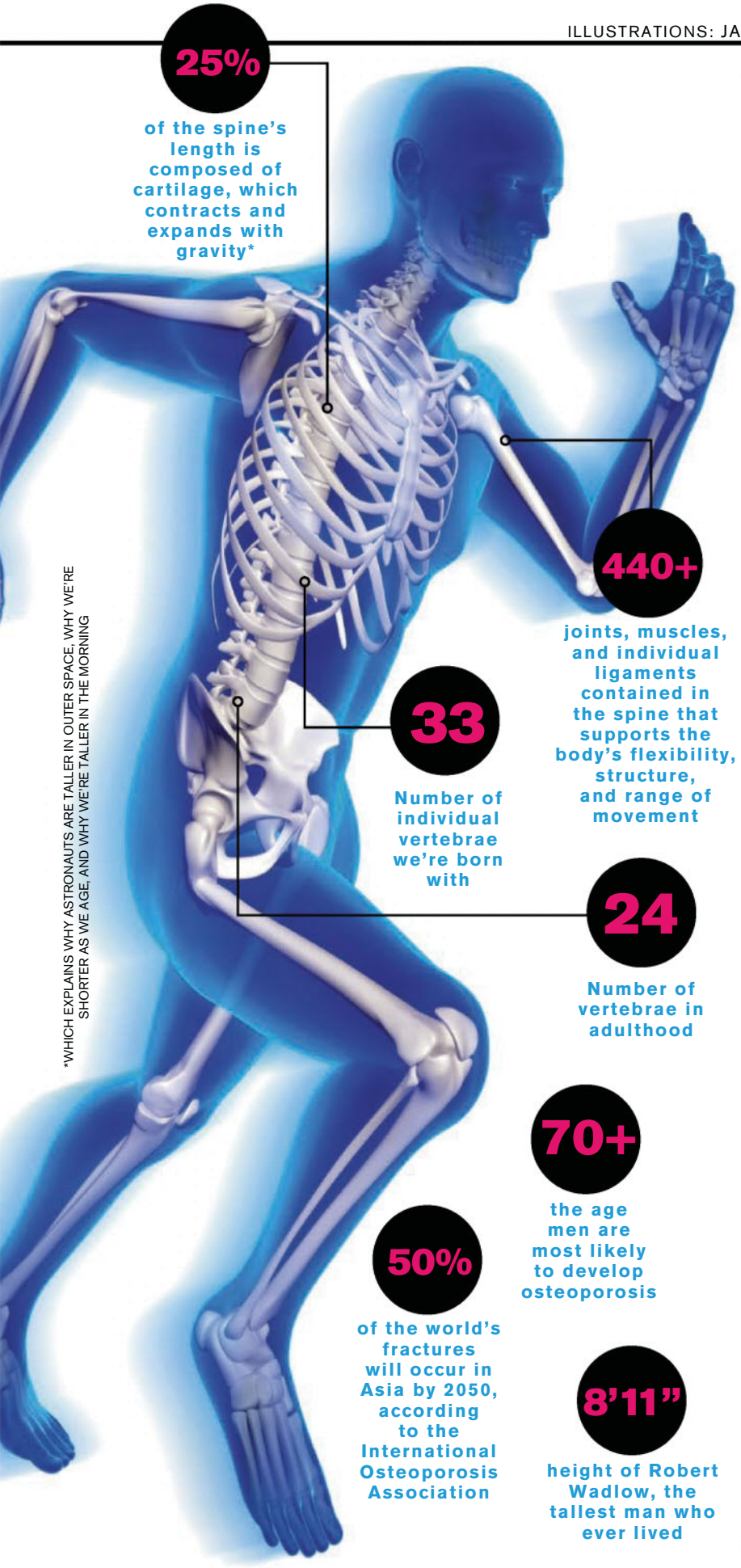
TMJ (TEMPOROMANDIBULAR JOINT DISORDER). Grinding your teeth? Neck pain? Migraines? *Kuba* affects your jaw and your bite, too—it's a structural thing.

DEPRESSION. A study by San Francisco State University reported slouchers as having lower energy levels and increased feelings of depression.

CONSTIPATION. Standing or sitting hunched over messes with the way your intestines are coiled, and that backs you up.

BREATHING ISSUES. Being *kuba* thrusts your head forward, and this depletes your lung capacity by 30 percent, writes renowned forward head posture expert Dr. Rene Cailliet of the University of Southern California.

ILLUSTRATIONS: JAMES ANDRES SKELETAL IMAGE FROM GETTY IMAGES



GOOD POSTURE IN DAILY LIFE

Or, how to be anal about every little movement

SITTING
Research says leaning back at an angle of 135 degrees instead of 90 is more relaxed and eases back strain.

TAKING A DUMP
Raising your knees un-kinks what is called the anorectal angle, making for a more satisfying "success."

HAVING SEX
The book *Sex and Back Pain* suggests girl on top and putting pillows behind your back and knees.

CARRYING A WEIGHT
Squat and use your legs to power the weight up, held close to your body, with a swift, seamless, upward thrust.

FHM WARNING: SITTING ALL DAY IS HAZARDOUS TO YOUR HEALTH

Desk-bound wage workers and couch potatoes, beware

While we can't help sitting stationary for most of our day (or on weekends), knowing the havoc it wreaks on our already-wrecked bodies might make us sit a little straighter.

IT'S UNDERMINING YOUR ABS. No matter how much you subject yourself to CrossFit, sitting slumped over a desk leaves your ab muscles, hip flexors, and glutes (*puwet*) unengaged. It renders your muscles weak and inflexible, resulting in a less-than-desirable musculature that even a thousand crunches can't save.
Save yourself! Keep abs and hips engaged by replacing your office chair with a large medicine ball. Bouncing not required, but fun, so it comes with added de-stressing action.

IT'S *NAKAKABOBO*. Sitting still for several hours slows down blood pumping through your body, which slows down your brain function and the release of feel-good hormones.
Save yourself! Get off your ass and walk often. Head to the pantry for water, to an officemate's cube to ask a question instead of emailing, to that pretty new girl's desk to see what she's wearing…

IT CAN CAUSE DIABETES. Simple science lesson: your pancreas produces insulin, which sedentary muscles don't quite know what to do with. But the pancreas produces more anyway, and all that excess insulin (aka sugar) can lead to diabetes or other diseases. Yikes.
Save yourself! Wake your muscles up often by standing up every so often before sitting back down again. Constantly drink water at your cube so you're forced to stand up to pee. **FHM**

27 THINGS YOU NEVER KNEW GIRLS FIND

INTERVIEWS: Alex C. Paita PHOTOGRAPHY: JP DeSmedt
MODEL: Daniella Degraux

Newsflash: female fantasies are a whole lot more complicated (and naughtier) than our own. FHM investigates...

01 Your pants

"Baggy pants that go all the way down to your knees are a big no-no," says Gianna, "but maybe show a tiny bit of your boxer shorts above your jeans. That's kinda hot—plus points if you have sex cuts!"

02 And you in her pants

While Bianca thinks wearing her undies borders more on funny than sexy, she suggests a way to turn things around. "Go all out," she says. "You might as well give me a sexy lap dance. Be bold and funny—that sounds sexy to me."

03 Her boobs, your hands

It seems men have lost the art of boob-fondling. And the girls aren't happy. "It is sexy *kung* it really comes *dun sa* term *na* 'the right way' *kasi di ba doon na mag-start yun eh,"* says Bianca *"Pag masarap sya mag-touch, eh di* sexy time *na*! *Turn-off naman kung barubal siya mag-touch ng* boobs."

04 Men in uniform

"My kind of man in uniform? A pilot wearing aviators," Gianna shares. "There's just something so suave about them. Maybe it's the way they walk down the runway after a flight—or maybe I'm just imagining Ben Affleck or Josh Hartnett. But seriously, I get a vibe of accomplishment and loyalty from men in uniform in general. It's very sexy."

05 YOUR SWEATY T-SHIRT

Good news for all you fitness buffs. "When I see a guy looking all sweaty at the gym or after a round of ball with his buddies, it's a turn-on," says Gianna. "Just seeing his wet shirt hugging his body in all the right places—it's awesome. I don't even mind the smell so much. Of course it helps if he actually uses body spray and is generally hygienic."

06 You playing Xbox

No. This isn't a joke. You playing computer games = mega turn-on. "I love watching a man play Xbox," says Girl on the Net. "It's hot because he's super-engrossed, there's the sexiness of seeing his fingers move really quickly, and distracting him from it with a blowjob or a handjob is a challenge—one that he wants me to win. But he has to pretend like he doesn't."

SEXY

MEET OUR EXPERT PANEL...

Gianna Banzon
Cosmo.ph's Editorial Assistant

Bianca Peralta
FHM Babe and renowned girl-on-girl action practitioner

Girl on the Net
Anonymous sex blogger behind girlonthenet.com and e-book *My Not-So-Shameful Sex Secrets*

07
Forearm flashing (and fast hands)
Forget bulging biceps and flat abs—when it comes to the bits of your body that turn her on, it's handily simple. Our experts agree that the sexiest bit of a man's body is his forearm. And it turns out your digits are also key to turning women on. "Hands are also sexy," says GoTN. "It sounds weird, but it totally turns me on seeing a guy when he's typing really fast."

08
Other people doing it
"Watching people doing it or even just MOMOLing is a big turn-on, and at the same time makes me feel *inggit na rin*," shares Bianca. "That one makes me end up doing a bootycall. Ha ha!"

09
Alcohol breath
"One thing is for sure: I'd never date a smoker because really, no one wants to make out with an ashtray," says Gianna. "But smelling or tasting whiskey or beer from a guy's mouth is actually oddly enjoyable. These are drinks I associate with manliness and strength so having that scent lingering in the air while we converse or tasting it in my mouth during a make-out sesh makes me feel safer. It's also a nice contrast to my sweet, girly cocktails. Palate cleanser, anyone?"

11
Bald guys
That freak-out you had the other night because you thought your hairline shifted back another two centimeters? Forget about it. "Touching a bald guy, or a guy who is going bald and has shaved the rest off so you can just feel the stubble, is really good," explains GoTN. "When they're out in the rain and it's dripping off their head… ah, hot."

WATCHING PORN
"I myself enjoy watching porn with my girlfriend, *lalo na kung* super hot *nung* porn star," Bianca reveals. "*Pag nanonood ka kasi ng* porn, *ibang klase yung* subconscious mind *mo,* to the point that you'll get aroused by anything that brushes against your skin. That's what makes it sexy."

13
Freaky feet
Your feet. Her feet. Get things right down there and it can bring a world of joy. "I'm not into feet, but I love the idea of a guy who is so into them that he just wants to touch them and lick them. People with fetishes are super-horny" says GoTN.

14
Sexy chat
Women are auditory beings, meaning that hearing what you want to do to them in bed will make them want to do it. Simple. Or it should be. "But honestly, sexy or dirty talk makes me laugh," Gianna admits. "I'm not saying it's not hot because it definitely can be when you do it right. But in my experience, attempts at dirty talk end up becoming a series of 'Really? You want me to do what?' followed by a giggle fit. If you really want me to respond to dirty talk, make sure you know what you're doing and exactly what you want. Once you get my full undivided attention, we're good to go."

15
Digital interaction
If you want to send her some filth, be our guest, but choose your method wisely. "I like it short and sweet, not long and overly aggressive," says Gianna. "I'd rather get a text message or email saying, 'I've been thinking about you all day. Can't wait to see you later,' rather than 'I'm horny. When I get to you later I'm going to rip your clothes of and pin you down. After that, I'm going to…' Yeah, don't spoil the surprise. Start sweet and leave the dirty play for later."

10
YOU MASTURBATING
"I felt an odd satisfaction with an ex-boyfriend this one time," shares Bianca. "He only wanted me to sit beside him and he was looking deeply in to my eyes while, er, flapping his bird. *Ang* sweet *lang*. He made me feel sexy and desirable. That's how I knew he had nothing but me on his mind."

16

PLAYING DRESS-UP

They might get more sex in one episode of *Game of Thrones* than you do in a lifetime, but that doesn't mean she wants you to come over all Jon Snow. "If a guy puts too much effort into adding theatrics and props to foreplay, it can kill the mood," Gianna reveals. "Keep it simple: an ordinary blue polo that resembles a policeman uniform; a gray necktie ala Christian Grey; suspenders attached to yellow sweatpants to look like a fireman's outfit. We also don't want to spend too much time figuring out how to take off all the damn layers."

17

Being filmed/filming you two having sex

A lot of girls love being on camera, but safety is key. "When it comes to intimate moments, knowing it's recorded makes it more passionate, and much sexier," says Bianca. GoTN adds: "I've been filmed once—the video itself was deeply hot, and watching it after with the guy was amazingly sexy. But I have no idea where it is now, and although I'm sure the man would never have deliberately distributed it, the worry is still there."

18

PIZZA PARTIES

"I'm a no-frills kind of girl," says Gianna. "I don't need fancy restaurants or expensive gifts—good old quality time with my guy is all I'm after. And what's so wrong with pizza anyway? It's delicious! I don't mind staying in and munching on a box or two while watching a movie."

19

Waking her up for sex

Like her own personal alarm clock, girls love a spontaneous morning romp, instigated by you. "If a guy wakes me up and initiates sex, that's really hot," says GoTN. Talking about literally turning her on.

20

Group sex

"The night I had a threesome with two guys was the best night of my life," says GoTN. "I've also had them with another girl. Two of the girls I slept with were super-curvy, and it was amazing because I'm not at all, so I was, like, 'Everything about you is squishy—it's brilliant.'" As expected, Bianca is a staunch advocate too. " A threesome with another girl sounds exciting," she says. "But you won't believe what I've done once—*nasa* party *ako, nakipag-MOMOL ako sa* seven girls!"

21

Being Chef Boy Logro

While you don't have to be the country's highest-paid chef, it pays to have even a fraction of Chef Logro's knack for whipping up gastronomic wonders. "I really find a spatula-wielding man sexy," says Bianca. "I feel much safer in the hands of a guy who knows how to cook. I know that with him, I will never get hungry!" **FHM**

Love,

ACCORDING TO

Boys Night Out

We round up the best *FHM*-approved advice for the young at heart from Sam YG, Tony Toni, and Slick Rick

ILLUSTRATION: MARA DEEN NEPOMUCENO COMPILED BY: NIKKA PERALTA

ON LOVE THAT'S WRONG

'*Ubos ang ipon pag na-in love ka sa hipon*!'

ON NON-COMMITMENT

'*Wag masyadong pasarapin ang pagpapatikim para hindi mo hanap-hanapin!*'

ON MOVING ON

'If your ex dumped you, there's only one rule that you should follow: Never chase, always replace.'

ON PAST LOVES

'Don't let an old flame burn you twice.'

ON METAPHORS

'*Ang* love *parang leche flan. Minsan* sweet, *minsan leche lang talaga.*'

ON PERSONAL QUESTIONS

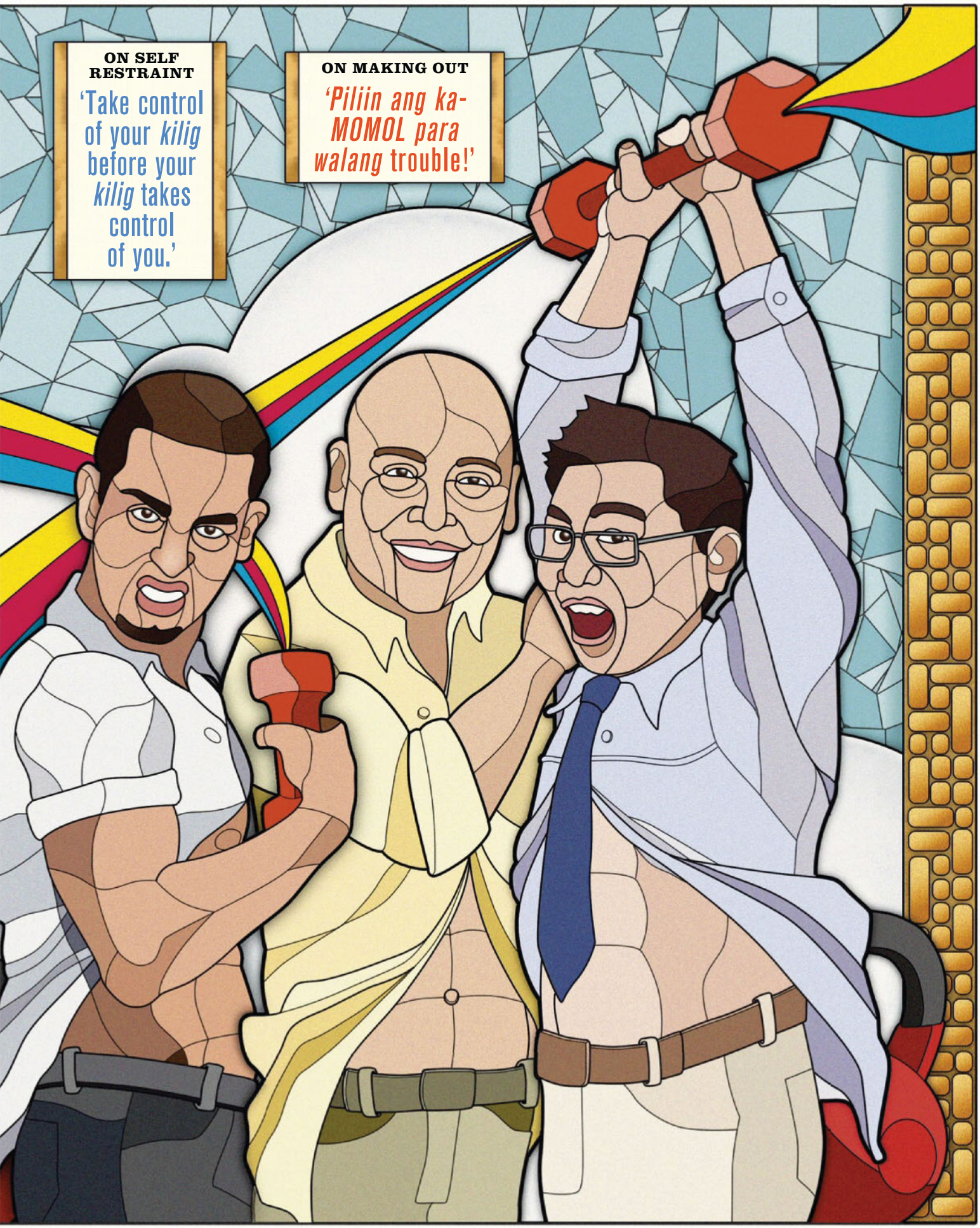
'Q: Single *ka ba?* A: *Depende sa nagtatanong*'

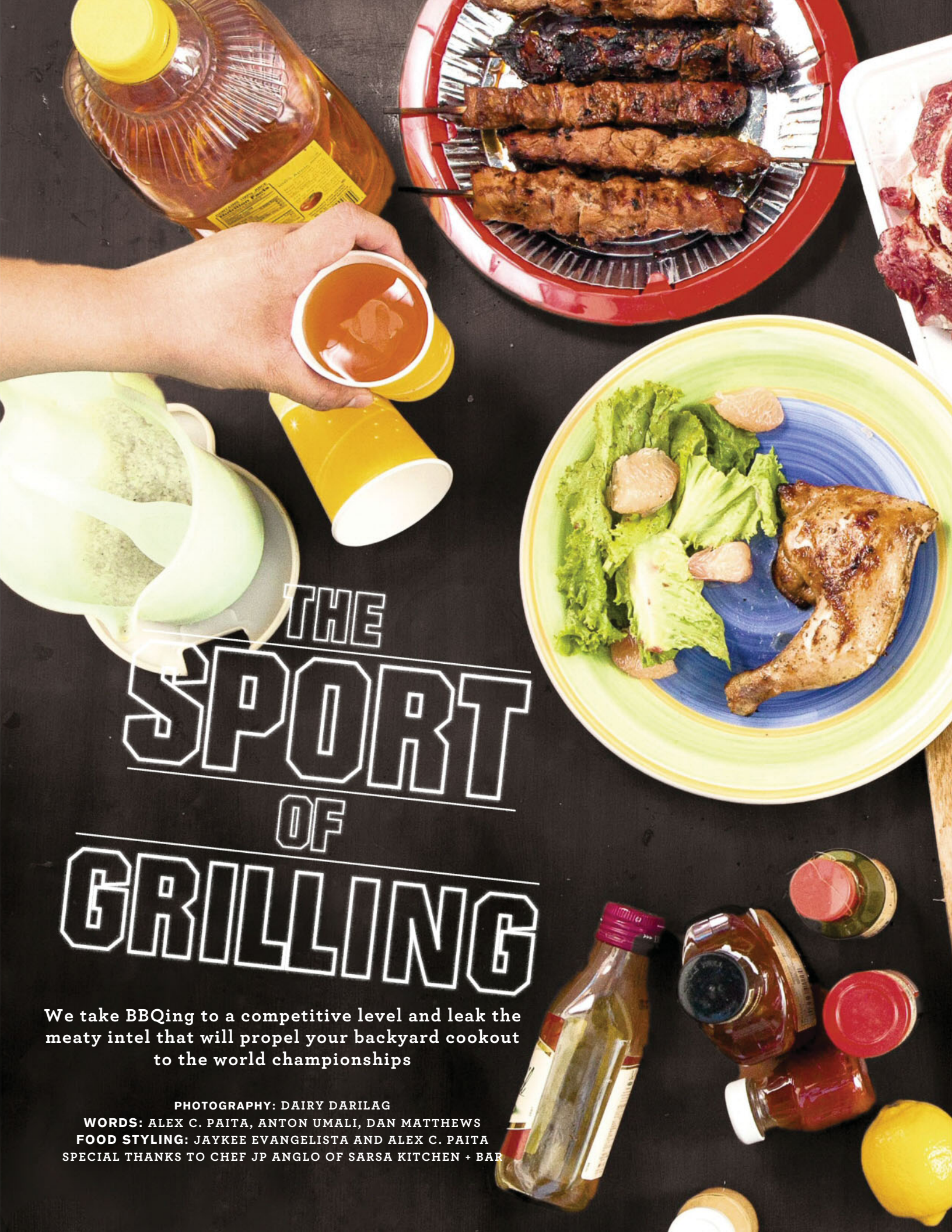
ON PATIENCE

'*Wag makulit, hintayin mong may kumalabit*!'

ON FLIRTING

'With great *landi* comes great responsibility.'


ON SELF RESTRAINT
'Take control of your *kilig* before your *kilig* takes control of you.'
ON MAKING OUT
'*Piliin ang ka-MOMOL para walang* trouble!'



THE SPORT OF GRILLING

We take BBQing to a competitive level and leak the meaty intel that will propel your backyard cookout to the world championships

PHOTOGRAPHY: DAIRY DARILAG
WORDS: ALEX C. PAITA, ANTON UMALI, DAN MATTHEWS
FOOD STYLING: JAYKEE EVANGELISTA AND ALEX C. PAITA
SPECIAL THANKS TO CHEF JP ANGLO OF SARSA KITCHEN + BAR

FAVORITE
POPCORN
OR PRESERVATIVES

★ TOOLS OF THE TRADE ★

Chef Claudia Schulze, grill chef of restaurant Sarsa Kitchen + Bar, enumerates four handy items that will make the BBQ process a breeze

TONGS
Unless you've been living in a cave (or have never been invited to a barbeque), it's common knowledge that the griller will need one of these because, according to Claudia, "they easily pick up hot items on the grill without damaging your food item or getting yourself burned."

BASTING BRUSH
"To brush your food item with your marinade, or chosen oil/butter or fat you will most likely need this." Adding more flavor to your grill-ables: a brushstroke away!

OFFSET SPATULA
"This helps pick delicate items on the grill such as fish or tofu." So basically, it's a tool for your tool of a vegan or pescetarian buddy.

TOWEL
If you weren't sure what it was for, it's to hold hot items without burning yourself. Or to wipe the *pawis* off your brow before it salts up the meat.

TREAT FISH LIKE ROYALTY

"Keep it simple!" advises Chef JP Anglo of Sarsa Kitchen + Bar. "Get yourself freshly caught fish, rub with a bit of salt and freshly cracked pepper, and cover each side with slices of lemon and wrap in foil. On a high-heat grill, it cooks in about 15 minutes. Turn it over every five minutes to keep it from burning on one side."

As for the best *panulak* to go with your dishes, Chef Claudia gives sound advice. "In theory, light goes with light, and dark goes with dark, be it, wine, beer or liquor," she says. "Meats pair well with an ice-cold pale pilsen or a nice Chianti or Cabernet Sauvignon, and fish and vegetables go well with a light beer, or nice chilled Riesling."

★ NEXT LEVEL ★

SCALLOPS
Blow your guests' minds. Open them up and add salt, pepper, butter, and garlic, but keep them in their shell. Place them on the coals and serve once they're white. They will get you laid.

HOT IN HERE

Temperatures matter when grilling...unless you want to bite into still-bloody chicken

343°C — BEEF
Directly on top of the fire source

190°C — FISH AND VEGETABLES
A little bit away from fire source

121°C — POULTRY AND PORK
Farthest from fire source

★★★ TRUST THESE BRANDS ★★★

Char-broil Charcoal Grill CB-2150/D, P3,299.75, Robinsons Handyman

Char-broil Quickset Grill, P15,999.75, Robinsons Handyman

Broil King, P80,000, True Value

Barbecue Grill Comodoro, P2,195, Robinsons Handyman

★★★ DEATH BY BBQ ★★★

While a cookout may be fun, keep these safety reminders in check

MEAL-THREATENING

- **Don't use plastic containers or utensils near or on the grill.**
- **Keep raw poultry away from other meats because its juices may contaminate.**
- **Keep naughty children from playing around the grill.**

LIFE-THREATENING

- **Don't wear contacts too close to the grill as they might melt into your eyes.**
- **Don't barbecue near a nipa hut.**
- **Make sure to chew your food. Death by *liempo*: tastefully embarrassing.**

BACKYARD TUNES*

1 "Harder Better Faster Stronger," Daft Punk
2 "California Girls," Katy Perry
3 "The Spirit Of Radio," Rush
4 "Feel Good Hit of The Summer," Queens of the Stone Age
5 "Don't You Worry 'Bout a Thing," Stevie Wonder
6 "Lisztomania," Phoenix

*BY FRANCIS BREW

GET IN TOUCH WITH YOUR CAVEMAN ROOTS

"When starting a fire, you'll need: dry wood, dry leaves, and make sure to sprinkle a little bit of oil to keep your fire burning when you first light it," shares Chef Claudia. Keep your coal evenly scattered inside the grill space as to make sure that heat can be evenly distributed. A shortcut for noob grillers who don't want to go through the fuss: put an adequate amount of coal on top of your grill and place it on top of an open stove. Voila! *Sunog baga*: guaranteed!

ULING VS. WOODCHIPS

According to Chef Claudia, the debate on which is a better flame source relies heavily on the eaters' taste preference. "I would say it really depends on how you would want your dish to taste," she says. "For a smoky, neutral flavor, go for charcoal. Woodchips tend to implant their flavor onto your grilled item. Fruit trees would give you a sweeter, smoky flavor, while Oak, Hickory, and Narra would give you a bold smoky tree flavor."

THE ART OF MARINATION

Don't be afraid to get your hands dirty. Make love to your meat. Chef Claudia suggests that whatever your marinade is, you should let it bathe for at least 45 minutes up to two hours. "It is very important that you do not use your marinade as a sauce," she notes. "You may, however, separate some before it even touches your raw items, and reduce, add stock, and season according to your taste."

DO CHICKEN RIGHT

"For a Mediterranean semi dry rub chicken, mix together salt, pepper, cumin, cardamom, a little cayenne, lemon juice, and olive oil, and rub it on," recommends Chef JP. "This could be paired well with an aioli and a nice Thai salad—mixing two cuisines could be a disaster unless they compliment each other. In a bowl, mix sliced green mango, toasted peanuts, bean sprouts, and sesame oil-based vinaigrette and toss them all together."

NEXT LEVEL

Pour a can of cheap beer up the chicken's ass. Pour out two thirds of the can first, cover the bird in oil, salt, and cracked black pepper. It'll take about an hour and 45 minutes to cook, but damn, it's one sexy beast.

NEXT LEVEL

Get a bunch of rosemary, sage, and thyme, and lash it to the end of a wooden spoon. Melt a pot of butter and garlic, and just paint your meat with the liquid.

NEXT LEVEL

SAUCE

SINAMAK

The combination of vinegar, garlic, *sili*, ginger, peppercorns, and onions is a marriage of flavors that can be appreciated by your kid cousin up to your groovy *lola*.

PEANUT SAUCE

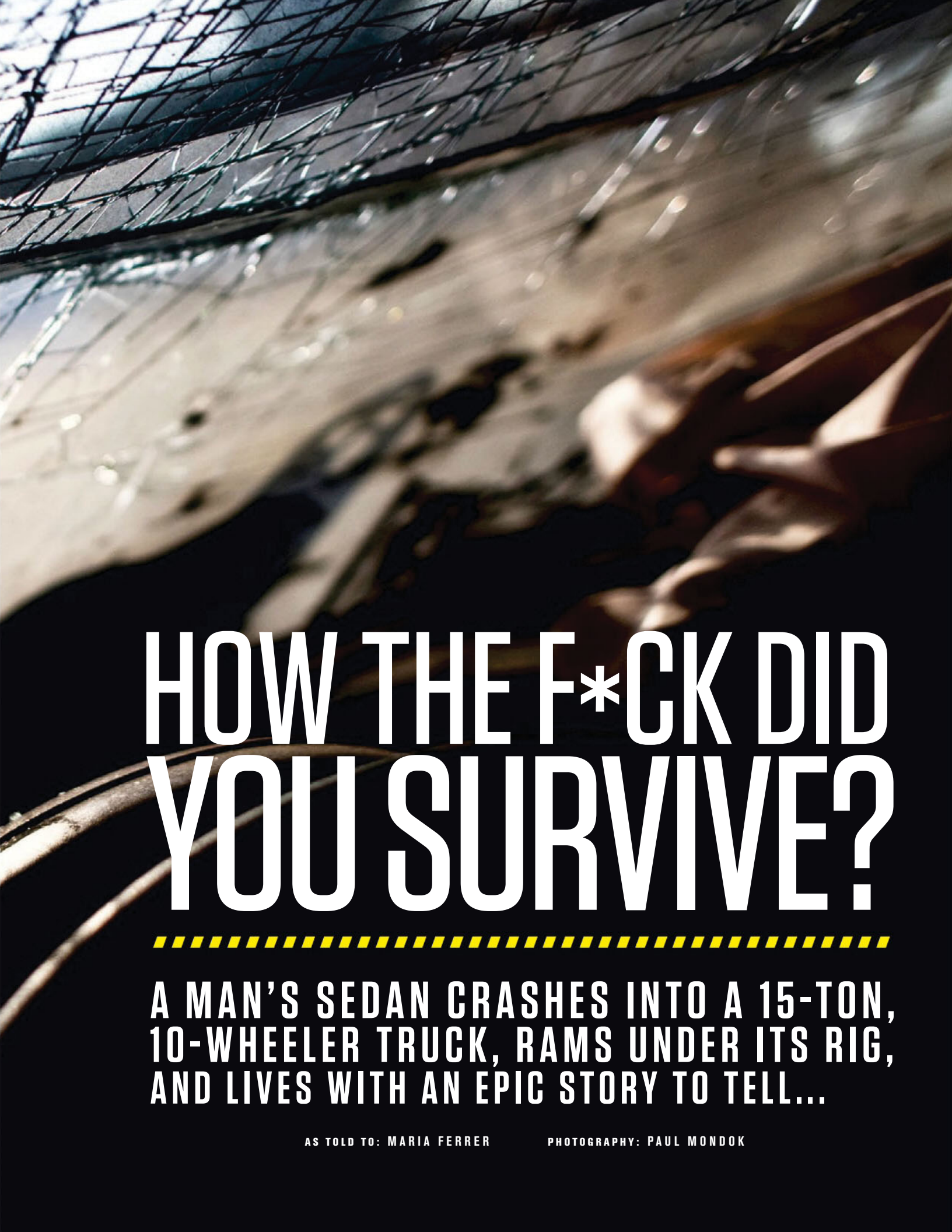
Feeling a bit Thai? Then concoct your own peanut sauce by combining vinegar, peanut butter, coconut milk, red curry powder, salt, and some water in a pot and wait for it to simmer. Instant satay on a Saturday.

JACK DANIEL'S BBQ SAUCE

Though A1 is a classic, experiment with BBQ sauces you have yet to try. Move over, JD-Coke, JD-BBQ sauce and a steak is the new dope.

THIS SECRET BEEF DISH IS UNBELIEVABLY SIMPLE

When it comes to seasoning your meat for the best-tasting steak ever, the key is to ditch the fancy marinade sauces. The best seasoning, according to Chef JP, is really just sea salt and freshly cracked pepper. "A nice marbled prime-rib grilled about three minutes on each side would give a perfect medium-rare steak," he adds. "A fresh summer salsa would go great with it!" says Chef JP. "Chop and toss some watermelons, pomelos, cucumber, and onions with a simple vinaigrette."



HOW THE F*CK DID YOU SURVIVE?

A MAN'S SEDAN CRASHES INTO A 15-TON, 10-WHEELER TRUCK, RAMS UNDER ITS RIG, AND LIVES WITH AN EPIC STORY TO TELL...

AS TOLD TO: MARIA FERRER PHOTOGRAPHY: PAUL MONDOK

Looking back, there is one thing I now know for sure: I should never again go dragon boat training, wash laundry, and drink with friends all in the same day.

I remember it clearly. October 2, 2010, 2:10 a.m. My girlfriend (who's now my wife) Paola and I were driving on Osmeña Highway in Manila, on our way home from a friend's birthday party. Paola told me, "*Iidlip lang ako.* If there's anything you need, just wake me up." She reclined her seat, put her arms around her bag, and went to sleep.

I thought I wasn't that sleepy myself. And I wasn't drunk—I did drink some, but I have a high tolerance for alcohol. So I drove on.

The next thing I knew, Paola and I were in the hospital. She had broken glass on her face and arms, she couldn't see out of her left eye, the left side of my face was crushed, and we were both bloody as hell.

TRAPPED IN A WRECKAGE

Turns out, I did fall asleep at the wheel. That's why I don't remember going up the flyover on Osmeña Highway (the one right in front of Cash and Carry) and ramming our sedan under a 10-wheeler truck.

I think I was already asleep when we got on the flyover. And probably because I was dozing, my foot got heavier on the gas. Halfway up, we smashed into the truck. If I recall correctly, I was probably going 90 kph up the flyover, and my speeding and drowsiness (according to World Health Organization) just increased our risk in a fatality by 20 percent. At first, the truck driver didn't even know we were under his rig. He told his companion, "*Pare, paki-check nga. Parang pumutok yung gulong natin sa likod.*" When the guy came back, he said, "*Pare, may kotse sa ilalim natin.*"

We were so far under the truck that the rescue team had to lift the truck with a jack so they could pull us out. They got Paola out without much effort because her door could still be opened. But it took them 30 minutes to take me out of the wreckage. My legs got stuck between the steering wheel and the seat. They had to cut up my door to get me out. My speeding and sleepiness were not the only factors to blame in the severity of our crash. It's a rule of physics—the mass difference of the two vehicles involved in the crash would determine the severity of our injury, too. And for something weighing at least 15 tons—over 10 times heavier than our good ol' sedan—our chances for survival were really slim.

Our car was a total wreck; the hood was gone, and the entire front was demolished. It seemed Paola and I smashed against the windshield several times because of the impact. According to a research by the World Health Organization, car seatbelts decrease the risk of fatality 45 percent. Unfortunately, neither of us was wearing a seatbelt.

When Pao opened her eyes, it was all red underneath her lids. Her eyeballs were covered with blood. Her face was also, for lack of a better word, lumpy; she hit her face and head so many times on the dashboard that her face came out with huge bruises. She says, and I agree, that it was a blessing that our seats were both reclined. (*Pa-pogi kasi ako magmaneho—naka-recline nang kaunti yung upuan.*) If we were both sitting straight up, we would have hit the dashboard, the windshield, and the truck head-on.

I was unconscious the entire time we were being rescued. The news team that arrived at the scene has footage of me being carried on a stretcher to the ambulance, with my face covered by a jacket, which apparently was put there by the rescue team. Everyone we showed the clip to weeks later would say, "*Paano pa kayo nabuhay? Durog na durog ang kotse ninyo.*"

Thankfully, I don't remember the wreck.

When I woke up, Paola and I were already in Ospital ng Makati. And to say that their care for us was substandard is an understatement. According to Paola, who was conscious, they put me on a steel bed (with no mattress or cover) and let her just sit on a chair in the ER. This, despite her bleeding profusely and with glass bits on her face. It was SOP for them to do a pregnancy test for women patients. But since they ran out of pregnancy kits, they had to run to a store outside the hospital to buy a kit, which turned out to be expired.

'AT FIRST, THE TRUCK DRIVER DIDN'T EVEN KNOW WE WERE UNDER HIS RIG. HE TOLD HIS COMPANION, "*PARE, PAKI-CHECK NGA. PARANG PUMUTOK YUNG GULONG NATIN SA LIKOD.*" WHEN THE GUY CAME BACK, HE SAID, "*PARE, MAY KOTSE SA ILALIM NATIN*"'

I was awake already by then and I remember saying sorry to Paola over and over again. She couldn't speak straight because of the pain. She was just grunting and moaning.

When our relatives arrived at Ospital ng Makati and saw the condition we were in, they moved us to Manila Sanitarium—but on two separate trips because OsMak's ambulance wasn't big enough to carry two patients.

RECOVERING

Apart from my shattered face, all I had, surprisingly, were just cuts and bruises. Although even days later, I was still pulling out bits of windshield glass from the wounds on my arms. They were easy to pull out because they were thick.

Paola had it worse, probably because she didn't have a steering wheel to stop her from hitting the dashboard and windshield. She stayed in the ICU for four days, and then stayed on in the hospital for two more weeks. She didn't go through surgery, though. She just needed seven stitches on her scalp despite all her other injuries. But because of her eye injuries, she wouldn't be able to work as a nurse anymore.

My doctors were actually ready to discharge me after only a few days in the hospital but I didn't want to leave Paola. So we played house. When I woke up in the morning, I'd go to her room and spend the day there, watching TV, rummaging through the refrigerator in her room, and just being with her. Doctors and nurses soon learned that if I wasn't in my room, they would find me in Paola's.

Paola had her mother and best friend in her room every day. But my parents didn't make it until later. My dad was working in Italy when the accident happened, and my mom just arrived there to visit him. At first, he didn't tell my mother about what happened to me. He just told her, "*Baka gusto mong umuwi muna, at intindihin ang mga bata.*" But then my mother retorted, "*Kararating ko lang, pauuwiin mo na ako kaagad?*"

So they came home together. My dad told my mom what had really happened only when they were on the road to the airport.

KING OF THE ROAD

I learned how to drive when I was in grade 4. We were living in the province then, and my cousin and I snuck out on our owner-type jeep to go to the plaza. *Pauwi kami, nakasalubong namin ang kotse ng tito ko, kasama nanay ko.* So when we got home, my mom started scolding me, but then, my dad said, "*Hayaan mo na; nakauwi nga eh.*"

I taught myself how to drive from just watching where my dad put his feet, what he did with his hands while he was driving.

I guess that's why my car became the unofficial "school bus" of the *barkada*—I love to drive. We once went to Tagaytay in my car—and there were 10 of us in there. I also like speed. When we're on the expressway, I like to take a video of the odometer; especially on that trip when I drove from Sta. Rosa to Nichols in 30 minutes. Man, that was fun.

Unfortunately, it does get me into scrapes; but none have been as bad as what Pao and I went through together that early morning in 2010. A little over a year later, I got into another road accident, this time on a motorcycle. I hit the pavement and what made it so painful was the sand that stuck to my gaping wounds.

Pao and I were already married then. She tried to clean my wounds but it was hard for her. *Tusino talaga ang balat ko, hanggang binti.* But I didn't go to the hospital yet. I went to work the next day, and my supervisor noticed that I was limping. He ordered me to go to a doctor, and when I went, they scraped all my wounds to get the sand and other particles out. I have tattoos, but having my wounds scraped fresh beat the pain from all my tattoos, combined.

A NEW LEASE ON LIFE

After the accident, Pao said to me, "*May purpose pa siguro tayo. Kasi buhay pa tayong dalawa.*"

I do believe it was a mixture of grace and dumb luck that we both survived. If the truck switched lanes before we hit it, we might have swerved to the right and fallen off the flyover. If we hit the truck on a decline, instead of an incline like what happened, we probably wouldn't have escaped with just glass on our face, bumps, and bruises. It would have been much worse. If Mayor Binay's convoy wasn't trailing us on the highway that night, the rescue team wouldn't have been called that soon, and Pao and I would have lost a lot of blood before we were rescued.

Perhaps we survived so we could tell our tale and inspire others to live life to the fullest, without any bitterness. Because Pao, who's now legally blind, certainly isn't bitter. She's actually even upbeat about what happened.

And me? I've become an even bigger risk taker. Because if I survived that, I can sure survive anything. **FHM**

"I DO BELIEVE IT WAS A MIXTURE OF GRACE AND DUMB LUCK THAT WE BOTH SURVIVED. IF THE TRUCK SWITCHED LANES BEFORE WE HIT IT, WE MIGHT HAVE SWERVED TO THE RIGHT AND FALLEN OFF THE FLYOVER."

AUTOMATICALLY YOURS

Self-driving vehicles may still be eons away. But these safety car features work extra hard to keep you alive

1 Forward collision avoidance. Automatic brakes that activate when they sense you're about to smack the rear end of the car in front of you, or about to hit a post while parking.

2 Lane departure warning. Nags you when you stray from your lane without using turning signal.

3 Adaptive headlights. Beams in the direction you're heading. Useful for blind curves in dark spots.

4 GPS. Satellite navigation technology that also warns you of sharp curves, or when you're going over the speed limit.

JAWBREAKER

Start salivating over our new overseas honey Melissa Riso

PHOTOGRAPHY: DREW DAILEY • INTERVIEW: MICH LAGDAMEO • STYLING: MELISSO RISO AND DREW DAILEY • HAIR AND MAKEUP: EVELYN RAMIREZ

If you're the type of guy who often wishes there was some arcane magical ritual (or mind-boggling technology) that could make the girls on our pages come to life and even have a drink with you, take our word for it: You'd definitely want to use it on Melissa Riso. This US-based model has all the makings of the perfect date: confident and spunky, with an epic back-story to her stomach tattoo that will make you want to applaud her amazing attitude. However, Melissa asks you to be one thing: a romantic, decent dude with a good job. Now, her photos should be enough motivation to get your ass off the couch and get your life together. But pick your jaw up off the floor first.

Modeling can be a tough job. What's a perk you enjoy?
I love how it keeps you in shape! You have to make sure you're always in shape and healthy.

Your photos are a testament to that. Have you always been this confident to face the camera?
For some weird reason, I have always been super confident in front of a camera. I was never shy as a child and always wanted to be the center of attention. I guess that never changed. Ha ha ha! But I loved taking pictures or being filmed. Seeing the results has always been fun!

***FHM* fans are seeing you for the first time on our pages. What do you think they'll notice and like about you at first glance?**
I hope they like my eyes. I've been told that people can tell I'm a humble and loving person just by looking into my eyes.

PETROL
PREMIUM UTILITARIAN DENIM
DENIM HERITAGE
FUELLED TO EXIST

'I have always been super confident in front of a camera.

I was never shy as a child and always wanted to be the

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I guess that never changed'

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'I HOPE THEY LIKE MY EYES.

I've been told that people can tell I'm a humble and loving person just by looking into my eyes'

And if we had the chance to get to know you better, what would we be surprised to find out about you?
I think people will be surprised to know that I almost died in a car accident when I was a high school freshman. I broke my spine and suffered internal bleeding. That's why I have that big tattoo on my tummy; it's covering a six-inch scar from surgery. I couldn't get it fixed with plastic surgery, so I wanted to feel more secure by covering it up with a tattoo. I also had to learn how to walk again after breaking my spine. Now I cannot arch my back, but those things never stopped me from modeling! You can do anything you work hard for!
Wow. We love girls who are passionate about what they do. What are you like off-duty?
During my downtime, I normally read. As a working actress, you have to read a lot! So I am always reading scripts or books. I love it! It clears my mind and takes me into another world for a short time.
Guys love brainy and beautiful women. Would you ever consider dating a Pinoy?
I have dated Filipino men before. When I was in high school, I dated a Filipino musician and I think that turned me on! He had great manners and came from a good family.
Sounds like us, all right. Kidding aside, what's your non-negotiable when dating a dude?
I love to date a guy that actually acts like gentleman. If he is romantic and respectful that's such a turn on! He needs to have his career put together too, so I don't have to be his provider. I wouldn't mind going to a shooting range on the first date or a comedy show! Those are my favorite things to do.
You sound like such a fun girlfriend to have.
I think I am the best girlfriend, seriously! I am extremely loyal and transparent. I will take care of my man if he is sick or stressed out. I know how to keep it fun and dangerous in the bedroom. Ha ha! I am always keeping my boyfriend on his toes. I am a Cancer, so I'm loving and also a little feisty.
Feisty, huh? Does that go for what goes on in the bedroom as well?
I take the lead in a relationship and in the bedroom for sure, but in a good way! I'm always thinking of fun things to do, giving good advice, and making sure things stay spontaneous. There is never a dull moment with me. I also keep my man in line and make sure he's being a good boy, and then he'll get some awesome rewards. Hint, hint! Ha ha! **FHM**

'I am always keeping my boyfriend on his toes.

I AM A CANCER,

so I'm loving and also

A LITTLE FEISTY'

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FLY HER IN

Jile Cai wants to visit. Somebody waive her visa requirements!

PHOTOGRAPHY:
EIKONA
@EIKONAPHOTOGRAPHY
INTERVIEW:
ASH MAHINAY

STYLING:
NUA SWIMWEAR
HAIR AND MAKEUP:
PINUPLASH

JILE CAI

CANADA isn't a place that you normally think of when plotting a summer getaway. While it actually has enough coastline and waterfronts to challenge Australia for the crown, we all remember it for snow, maple syrup, and Justin Bieber. But one thing we definitely can't hold against them is a lack of beach babe material—wouldn't you love to have Jile Cai (follow her @simplyjile) with you under the sun?

Sadly, this Chinese-blooded, Thailand-born hottie admits to being a virgin to our shores–but we're confident it's only a matter of time before that changes. Consider her intimate bedroom photos a preview of what we can expect…

Have you ever been over here for summer?
Not yet, but I really want to visit the Philippines and experience the food, culture, beaches, and people. My recent roommate was Filipino but she got pregnant and had to move out to a bigger place. She was a really good cook! I love food and I know Filipino cuisine has a lot of similarities to Chinese. Now that I am thinking about food, I can really go for some empanadas and *lumpia* right now!

Aside from modeling, you mentioned that you wear a lot of hats.
Yes! At the moment, I work from home beautifying ladies as a makeup and eyelash technician. I love making women feel good about themselves when they look

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in the mirror. I've had many different occupations—from being in an office 9 to 5 to booking models and dancers. I needed a job that would let me make my own hours so I can travel and run out for auditions or meetings when I choose. I also help my parents out at their company, which is a wholesale food and produce company. I work sales for them.

Interesting! Do you have any special selling techniques, if you know what we mean? How do you convince people that your fruit is the best fruit?

No, ha ha! What I do for the company is go out and meet with potential clients and show them a price list. If they are not happy, I price match or get the big boss, my father, to close the deal.

How about doing your own makeup for shoots?

Being a MUA, I love doing my own makeup for shoots. I don't want to look too different or crazy, I still want to look like myself in the photos!

What part of yourself are you most proud of?

I believe my best assets are my hair and skin! I have fairly even skin and my hair is very long and thick.

But do you agree that girls don't need to pile the stuff on for a date?

I think women should feel pretty, with or without makeup. It depends on where I'm going for the date. If we're doing something simple, I will have natural makeup on. If we're going out for dinner and party, then I will have a little more because I know I'd want to feel like a princess around him.

Does feeling princess-y involve some spoiling from our part?

It doesn't necessarily mean special treatment. It can be as simple as being a gentleman and opening doors, or surprising me with anything that he has learned about me–that's the most important, paying attention to what I'm interested in. And of course food! I love eating–especially dessert, ha ha!

We love a girl who loves to eat, but they tend to also like to go on intense diets before beach season...

I have never done a crash diet–I love food too much! I would just cut down on my servings and dance more if I wanted to be bikini season ready!

And what is your favorite bikini activity?

I have a secret...I can't swim! But as long as I have goggles, so I can see when I fall, and a life jacket, I'm all for the water fun!

Nothing wrong with staying dry, but sand getting everywhere after a while gets annoying, doesn't it?

As much as I enjoy the sand, beach, and sun, the one place I hate getting sand in is my hair–and the lower half of my bikini! The roughness of the sand eventually hurts when you walk, ha ha! **FHM**

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JILE CAI

FHM APPROVES

'I have never done a crash diet–I love food too much! I would just cut down on my servings and dance more if I wanted to be bikini season ready!'

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Hey!

WANNA Come OVER?

An oiled-up Angel Malit makes an offer any sane dude wouldn't refuse

PHOTOGRAPHY: **JERICO MONTEMAYOR** • INTERVIEW: **MIKEY AGULTO**
STYLING: **BELA VITUG** • MAKEUP: **RHINA MONTEMAYOR** • HAIR: **MARLON MALINAO**

We never thought we'd utter these very words, but we just declined a *One Night Stand* invitation from Angel Malit. Sounds completely bonkers, we know, but we can explain. She is, of course, talking about having us as guests on her hit podcast show on Flippish.com, which we had to politely turn down. Not to sound like party poopers, but the stuff she and her guests do on her show, however naughty and amusing, is not for the weak of heart. "Bondage, threesome, girl-on-girl, you name it," Angel tells us.

You have to understand, we want to. More than anything in the world. We just don't know if we have the cojones to do all these on air. Maybe next time. But God, these pictures make us want to change our minds. We're regretting it already...

We missed you lots!
I missed you too! *Akala ko maghuhubad ako nang tuluyan pero hindi pala*, ha ha!
You were all oiled up for this shoot. That's really something.
Masarap palang mag-pictorial kapag may oil *sa katawan. Dumudulas nga lang yung kamay ko* so *ang hirap takpan nung* boobs *ko*, ha ha! I don't really oil myself up, except when I'm getting a massage.

It's like that every week?
Every week, *may* topic *kami na tina-tackle*—bondage, threesome, girl on girl, you name it. *Kapag puwede namin gawin sa* show, *gagawin talaga namin. Ako mismo maraming natututunan at nasusubukan* for the first time.
Do you ever get tired of talking sex?
Never! *Sobrang* enjoy *kaya pag-usapan ang* sex! *Kahit umabot pa sa* point *na wala na akong maituturo, malabo pa ring magsawa ako*. So many stories, so little time.
Do you remember your most daring guest ever?
Hindi ko makakalimutan si Miyako Sachi—I'm not sure if you've heard of her—*dahil nag-striptease siya sa* show *ko. Hindi ko siya nasabayan*, ha ha!
What's it like to spend a night with Angel?
It feels like heaven when you're spending the night with me. Once it starts, *mahihirapan ka nang umiwas*.
It's summertime. Where are you heading?
I prefer vacations *sa ibang bansa. Nagsawa na rin ako sa kaka-beach. Nagkaroon ako ng* boyfriend before *na sobrang hilig sa* beach. *Gusto kong pumunta sa mga malalamig na lugar. Ayoko na kasing mangitim eh*, ha ha!

> 'Masarap palang mag-pictorial kapag may oil sa katawan. Dumudulas nga lang yung kamay ko so ang hirap takpan nung boobs ko, ha ha!'

Let's talk about your podcast...
My show is called *One Night Stand*. Actually, *hindi ko rin akalaing kaya ko. Siguro yung pagiging makulit at bungisngis natural na sa akin. Kung kuwentuhang* sex *lang din naman ang pag-uusapan*, easy *lang yan*!
What's the show all about?
Technically, the show is all about sex. We have this segment called "*Turo-Turo*"—where my guest and I demonstrate a certain sexual position. There's also plenty of girl talk on the show, *madalas napapaamin ko sila ng* dirty secrets *nila*, ha ha!

Is it a plus if a guy is outgoing?
I need an understanding guy. *Mahirap kasing intindihin yung trabaho ko*. I guess *may* plus *din kapag* outgoing *nga siya, para pareho kami ng* trip.
We've always wanted to ask: *Malakas ka bang uminom?*
Malakas akong kumain at uminom! *Ang pangarap ko* is *pag-uwi ko sa* bahay, *may isang* hot guy *na magsisilbi sa akin ng alak at pagkain*, ha ha! *Gusto niyo bang mag-apply? Walang biro*. **FHM**

'Kung sex lang din naman ang pag-uusapan, easy lang yan!'

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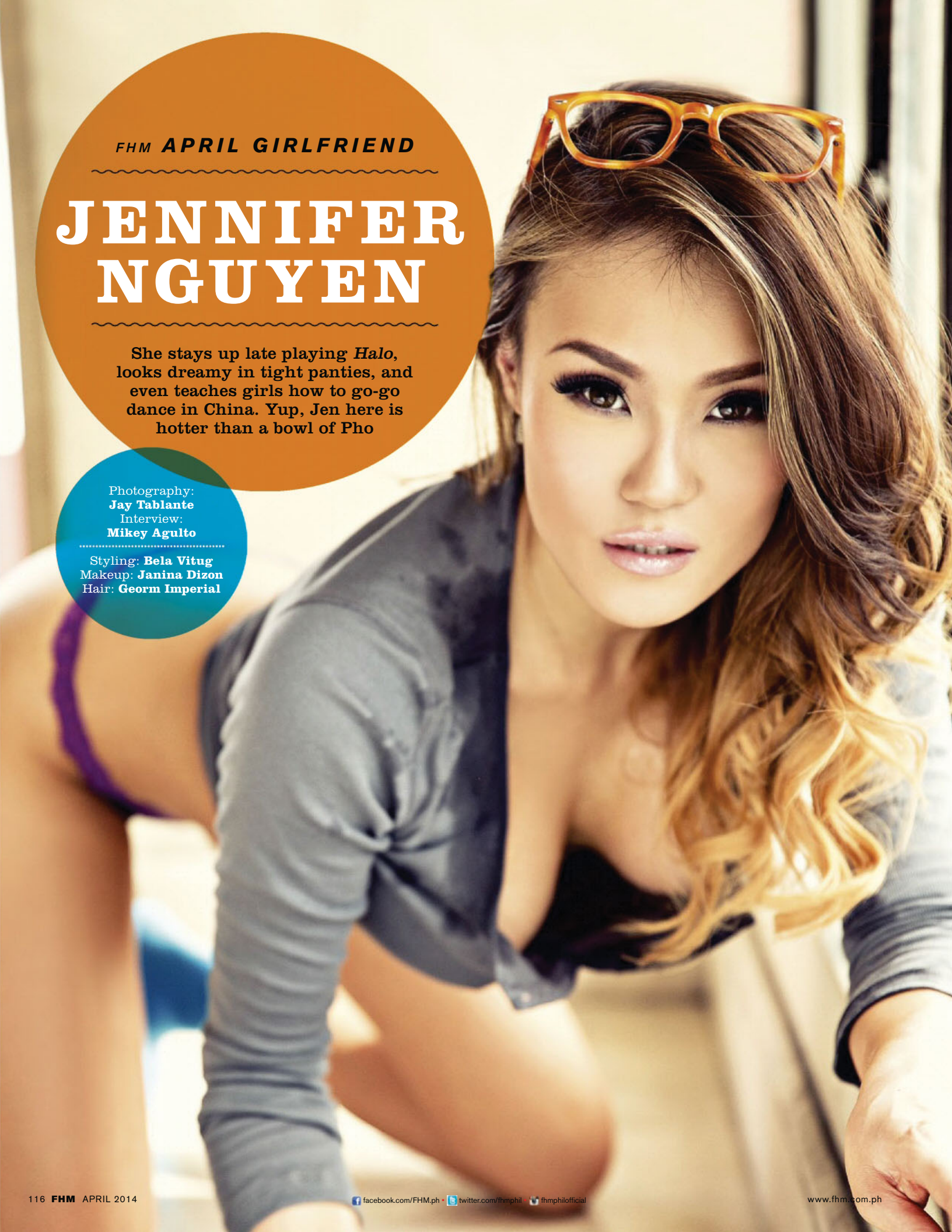


FHM **APRIL GIRLFRIEND**

JENNIFER NGUYEN

She stays up late playing *Halo*, looks dreamy in tight panties, and even teaches girls how to go-go dance in China. Yup, Jen here is hotter than a bowl of Pho

Photography: **Jay Tablante**
Interview: **Mikey Agulto**

Styling: **Bela Vitug**
Makeup: **Janina Dizon**
Hair: **Georm Imperial**

QUICKFIRE ROUND

Kicks or cars? Kicks! I'm actually coming back here for Sole Slam Manila
Indoors or outdoors? Outdoors. I hear you have fantastic beaches here
Day or night? I'm a night owl
PlayStation 4 or Xbox One? PlayStation 4. Everyone's saying it's amazing.
Facebook or Instagram? Facebook. My fan page has over a million likes.
Driving or flying? Flying
London or China? I've been almost everywhere in the world except London
Girl, boy, *bakla*, or tomboy? I'm kind of a tomboy, so I'd pick that

Vietnamese model Jennifer Nguyen employed all the required poses with such ease that we wrapped up our usual day-long shoot in a span of a few hours. Not that we're complaining—but how'd she get so limber? Is it because she go-go dances for a living? "That's probably it," she says. "It comes naturally with years and years of practice. I was always in front of the mirror practicing and posing. My back hurts a little bit, though. I did lots of booty poppin' during the shoot."

For making our jobs a hell of a lot easier, we offered her a lap dance. She politely declined.

You're such a social butterfly. Have you always been like this?
I don't think so. I moved a lot, so before I even made any friends I was already gone. I used to be really shy, but I guess I learned to adapt.
Where are all these good vibes coming from?
Oh, I'm rarely shy. But if it's with someone I like, then maybe I'll be a little shy.
What kind of guy would that be?
I usually go for the quiet ones. If I go to a club and all these

blokes start talking to me, I'd still go for that shy dude in the corner. I'll make my way over there and talk to him. Shy guys don't get too much attention, and it's not their fault.

You're just saying that.

I want to make their day because I know that when I talk to them, his friends are going to treat him like a hero.

What's it like to have you as a girlfriend?

I cook, clean, and baby my boyfriend. I am never jealous. I support boys' night outs. I'd even let him watch porn. I'd let him follow his dreams. Money is not an issue to me; it's not like I'm rich or anything, but I'm not into that kind of stuff. But here's my biggest thing: don't lie. And you have to be funny. And you have to be nice to your family.

Your profession requires you to travel a lot. Does it get in the way of your love life?

Yes, especially when the guy gets jealous about the part where I get to travel often and he doesn't. It creates all sorts of problems.

Is it hard to maintain a relationship this way?

I was such a good girl back then that I would actually cancel my trips so I could spend more time with a guy. But with my last boyfriend, he didn't really like me traveling so we had to break up. If a guy doesn't want me to travel, I'll probably just leave. There are so many guys out there.

How should couples handle long-distance relationships anyway?

I've been in two long-distance relationships and I traveled to see them a lot. It's not that hard. It only gets hard when you're gone for, like, two months and you can't talk that much. I think it's harder for them than it is for me.

This is why you should stay here for good. Pinoys make the best boyfriends.

I know, right? It's only two hours and 30 minutes away from Hong Kong, which is where I'm staying at the moment, so it's not that far.

And we could actually use more dancers here.

Really? Maybe I should set up a tour.

Or do dancing workshops!

I should do that! My friends told me I should do workshops and teach girls how to do go-go dance. I actually never thought of it, but people keep telling me that I should. Are there enough girls who would want to learn to dance here?

There are lots of guys here who'd love to learn.

Yeah, they'll probably just come and watch me dance. They'll be, like, "I'm here to learn," and I'll be, like, "This is how you shake your butt." And they'll be, like, "Yeah, that's what I'm talking about." Ha ha! **FHM**

'I'M RARELY SHY. BUT IF IT'S WITH SOMEONE I LIKE, THEN MAYBE I'LL BE A LITTLE SHY'

Jennifer's life this month

Enjoying a macho mug of some fine brew

Calendars are cool, especially if you're in it

Who says that videogames are just for the big boys?

UPGRADE

WEEKEND WARRIOR

Be your girl's knight in shining armor and let the new Toyota Altis be your steed

Imagine living in medieval times, where you and your princess of a girlfriend have to navigate the kingdom on a tall horse. Running errands for the king. Attending balls and banquets with various dukes and duchesses. Your ass would probably be sore from all the galloping (and your honey's constant nagging). And your stallion? Pooped from traversing from castle to stronghold.

But it's 2014. And the only people using horses as a means of transportation live nowhere near Manila. Getting from point A to point B—to run errands and sate your need for recreational activity—requires a more-than-reliable sedan. And the latest top-of-the-line model of the Toyota Altis can be your mount, so you and your girl can make the most of your off-days.

The spacious interior is very reminiscent of the Camry, imbuing a brand of elegance the older models lacked. The dashboard and improved body: futuristic, ergonomic, and fresh in design. And unlike a burned-out horse, the Altis on a full-tank reaps maximum mileage.

Below, we provide a timeline of how this subcompact sedan garnered us some brownie points with the ladylove. Conquer the kingdom and canter away!

SATURDAY

GROCERY SHOPPING

10:00 a.m. Makati to The Fort

Before heading to an afternoon shindig, acquiring rations was in order. The new Altis's trunk was roomy enough to fit all the burgers and buns needed for the cookout. If you have a chick that likes to stock-up like a doomsday prepper, load carrying for this vehicle is cake.

AFTERNOON BBQ

4:00 p.m. The Fort to Pasig City

Despite afternoon traffic as we were headed to the BBQ, the ride was comfy. As air-conditioning was sufficiently chilling in the afternoon heat, our iPod connected to the available USB port, we couldn't help but tune out the noise of Pasig's annoyingly congested roads.

WORDS: ANTON D. UMALI; ILLUSTRATIONS: JAMES ANDRES

TOYOTA COROLLA ALTIS

The specs on this subcompact sedan are amazing, but it truly is the upgraded exterior that gives the new Toyota Corolla Altis its classic yet *maangas* knight-like swagger. Score one now and show your missus that chivalry is not dead!

SPECS

Wheelbase: 2,700
Engine: Dual VVT-i, 4-Cylinder In-Line DOHC, 16 Valve
Maximum output: 122 Ps/6,000 rpm
Maximum torque: 154 Nm/5,200 rpm
Transmission: CVT
Price: About P1.014 million

DINNER DATE

5:00 p.m. Mandaluyong to Tagaytay

To end the weekend on a sweet note, it was time to take the sweetheart on a romantic dinner date in the cold nooks of Tagaytay. Getting there was a breeze because driving the Altis makes you want to be on a constant road trip. Its 2.0 Dual VVT-I engine, coupled with the seven-speed continuous variable transmission (CVT), is made for smooth sailing. Added plus: its fuel efficiency made it even easier on the wallet, leaving some cash to spare for coffee and dessert afterward. On the way home, thankful for a rockin' weekend (but dreading Monday's return and the return of this test unit), we thought to ourselves, "Fuck! We wish we had the money to buy this bad boy!"

SUNDAY

NIGHTCAP WITH THE BUDS

10:00 p.m. Pasig to Parañaque

Post-BBQ, a nightcap was going down in the suburbs. We picked up another irate couple. But as they got into the Altis's backseat; they sank into the plush leather, their anger dissipating into coziness. Suddenly, they were complimenting our ride instead of being at each other's

FAMILY LUNCH

12:00 p.m. Makati to Mandaluyong

Lunch with the girl's brood can pose a challenge, conscious of messing up in front of her dad and big bro. Awkward conversations turned into sweet banter as we showed them the car's sportier mags and 17" wheels. Elegant rubber for slashing down the freeway: *biyenan*-approved!

SMARTPHONE COMMANDMENTS

GEEK

In the age of high-speed Internet and free apps, obey these simple rules for maximum LOLz

It's 2014. In case you blinked, the mobile phone landscape has changed dramatically: Nokia is making Android phones. Blackberry is alive again—sort of. Apple is making gold iPhones. The latest version of Android is named after a chocolate bar. If you still live in a world of flip phones, keypads, and BBM, allow us to take you from the desert to the promised land of smartphones. It's a land flowing with high-speed Internet and free apps, but take heed! Even in promised land there are dos and don'ts. Here are the rules…

1 Thou shalt buy a case for your phone (but not a screen protector)

You know the old saying: if you can't be good, be safe. Put that phone in a protective case. After all, when it costs in the ballpark of 30 grand, it's simply a good idea. You never know when your phone will take a tumble towards the pavement or when it will rain. Don't go all O-A on us though. Today's smartphones have screens made of things like ultra-strong, scratch-resistant Gorilla Glass, so you can skip the screen protectors of yesteryear.

2 Thou shalt update and backup often

Think of updating and backing up as daily exercise for your mobile devices. Updating not only gives you access to the latest and greatest functions of your phone, it also keeps you one step ahead of nasty security threats. As for backing up, let's face it, sh*t happens. Phones break, software crashes, thieves exist. You can replace your phone, but lost data is gone forever. Make copies and put it on the Cloud.

3 Honor thy software developers

Let's not let that *Flappy Bird* fiasco happen again, okay people? Software developers are sensitive, socially handicapped geeks. They slave away in front of a computer and churn out code so you can have something new to play with when you're bored. They deserve credit and just compensation for their hard work. So be nice. And stop whining on Twitter.

4 Thou shalt practice phone etiquette

You know the drill. Put your phone on silent mode in the movie theater. Don't text or catch up on your Twitter feed while you're on a date. Put your phone away when you're in a meeting. We're not savages, eh? Remember, you are not the only human being on the planet. Give consideration to the human beings you are actually with at the moment.

5 Thou shalt not covet thy neighbor's smartphone

Stop rubbernecking at other people's phones. If you bought one that fits your needs and budget, then you

AM I A BANDWIDTH EATER?

YOU CAN MONITOR YOUR DATA USAGE IN YOUR SMARTPHONE'S SETTINGS. EATING UP 1.5GB DAILY CAPS YOUR INTERNET TO A SLOW CRAWL.

WORDS: VINCE SALES

have the right phone for you. You should be impervious to the charms of that octo-core, 64-bit, LTE-capable, super high-res-screened phone that that other dude was holding. Love the one you're with, as they say.

6 Thou shalt be mindful of security

Ever heard of a passcode? Use it. At the very least, it will keep office buddies from posting donkey porn using your Facebook account when you leave your phone on your table. Also, get some anti-theft software. With apps like Find My iPhone installed, you can locate your lost phone via GPS and arrange for a sting operation. Or you can remotely wipe all your data and lock your phone.

IS YOUR "UNLI MOBILE INTERNET" REALLY UNLIMITED?

Telco companies impose a Fair Use Policy to provide "efficient data usage" for subscribers. Here's what else the policy is about...

DATA CUTS

- Subscribers are restricted to bandwidth or data usage per day that ranges from 1GB to 1.5GB
- Smart and Globe says this policy doesn't cut down on unlimited access, but slows down your browsing speed when you exceed the data usage limit per day

HOW IS THIS FAIR?

- Globe and Smart tallies an average of 5% heavy data subscribers, who suck up 80% of the available bandwidth. Leaving 95% of the subscribers with just 20% of bandwidth data to go around
- Bandwidth-eating online activities that the 5% are guilty of include: downloading music, video and other torrent files
- The Fair Use Policy is imposed to prevent bandwidth-sucking activities so data can be equally available to 100% of the subscribers, not shortchanged to the 95%

7 Thou shalt get a plan that's built for data

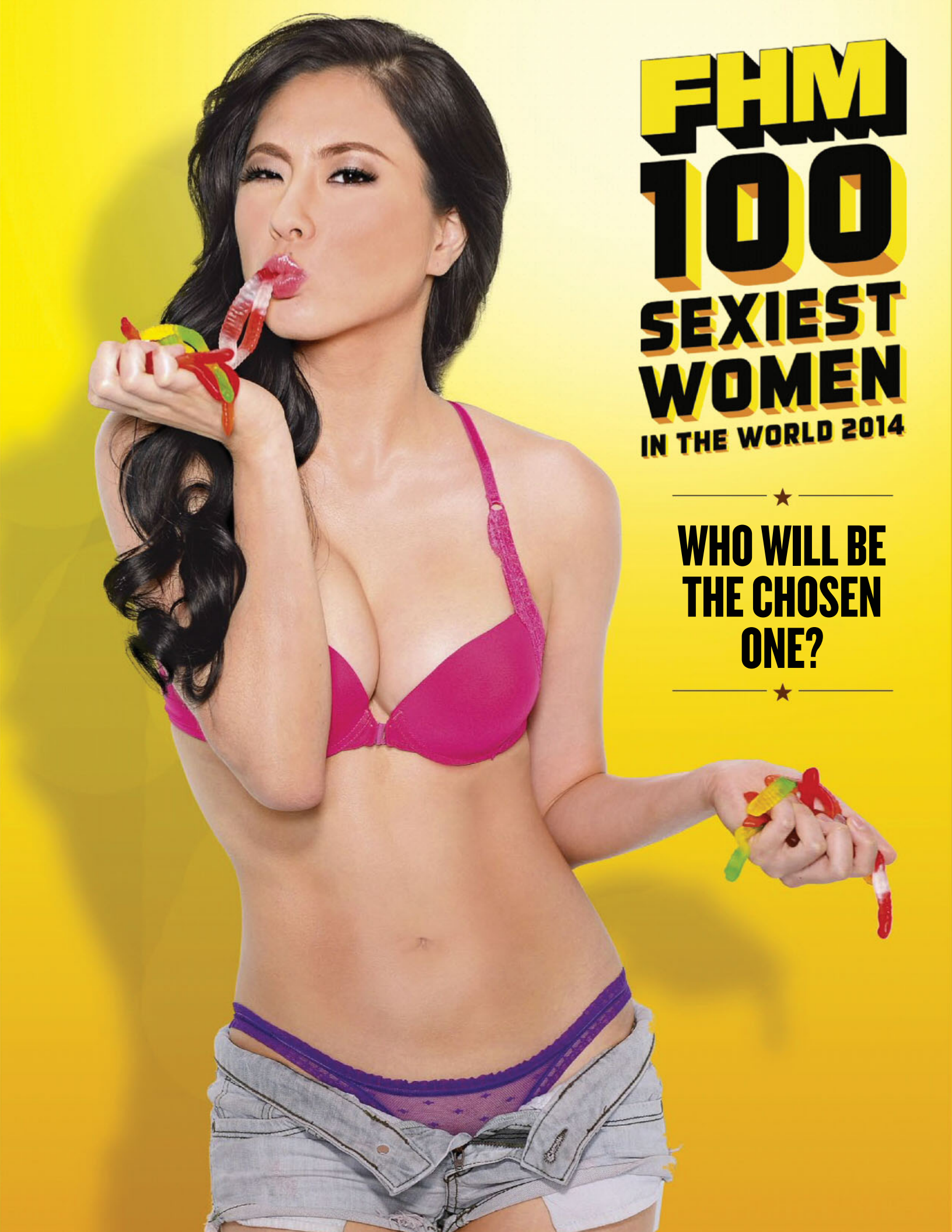
There are many good reasons Facebook bought Whatsapp for $19 billion. One of them could be that voice and SMS are going the way of the dodo, and soon you'll be talking and texting over a data connection through free apps like Whatsapp, Viber and Skype—if you aren't doing that already. So skip the extra talk minutes, and get a plan that was made with data in mind. For starters, take a look at Globe's and Smart's controversial "unlimited" plans and avoid the temptation to load up on SMS.

8 Thou shalt not jailbreak/root your phone

Do you jailbreak to allow your iPhone to do things that Apple doesn't approve of? Do you believe that rooting your Android device is a statement about freedom? Do you hack your phone to give it new superpowers? Or are you doing it just to get free apps? If your answer to the last question is yes, please just don't. There are plenty of good reasons to jailbreak/root your phone, but the most common reason simply hurts the software development industry.

9 Thou shalt practice safe sext

Sexting is all fun and games until you accidentally send your mom a photo of yourself masturbating. Don't let it happen to you. Just like real sex, there are a few simple rules for sexting that you need to remember before you get kinky. 1) Don't include your face. In case your photos leak onto the Internet, this leaves room for what lawyers call "plausible deniability." 2) IM is the worst way to send sexy photos. Try Dropbox instead. It's not as sexy, but it's encrypted. 3) Double check who you're sending your naughty photo to. Triple check. Quadruple check. 4) Don't keep a copy of your photos. Once you get off, get it off your phone.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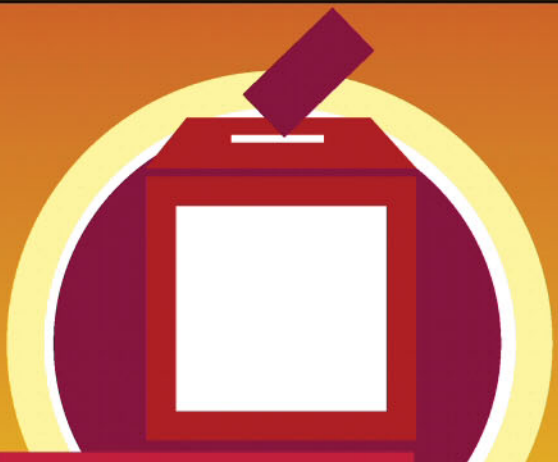

REGISTER ONLINE ★ OR ★ FILL OUT

Register and log on to www.fhm.com.ph/100sexiestwomen2014 where you can vote for ten (10) women per day

The FHM Philippines' Sexiest winner is the woman who garners the most votes in the nationwide poll. Voting period is from April 1 to June 5, 2014.

Votes will be tallied by FHM and results will be announced in a special 100 Sexiest Women in the World 2014 supplement bundled together with FHM's July 2014 issue.

FHM Philippines reserves the right to block/prohibit/exclude votes entered through unscrupulous means such as electronic manipulation. Votes cast through these means will not be honored in the official tally.

Fill out ballots AND mail them to FHM 100 Sexiest Women 2013 Poll. Summit Media Office, 7/F Robinsons Cybergate Tower 3, Robinsons Pioneer Complex, Pioneer St., Mandaluyong City 1550. Only original ballots will be accepted.

FHM 100 SEXIEST WOMEN IN THE WORLD 2014

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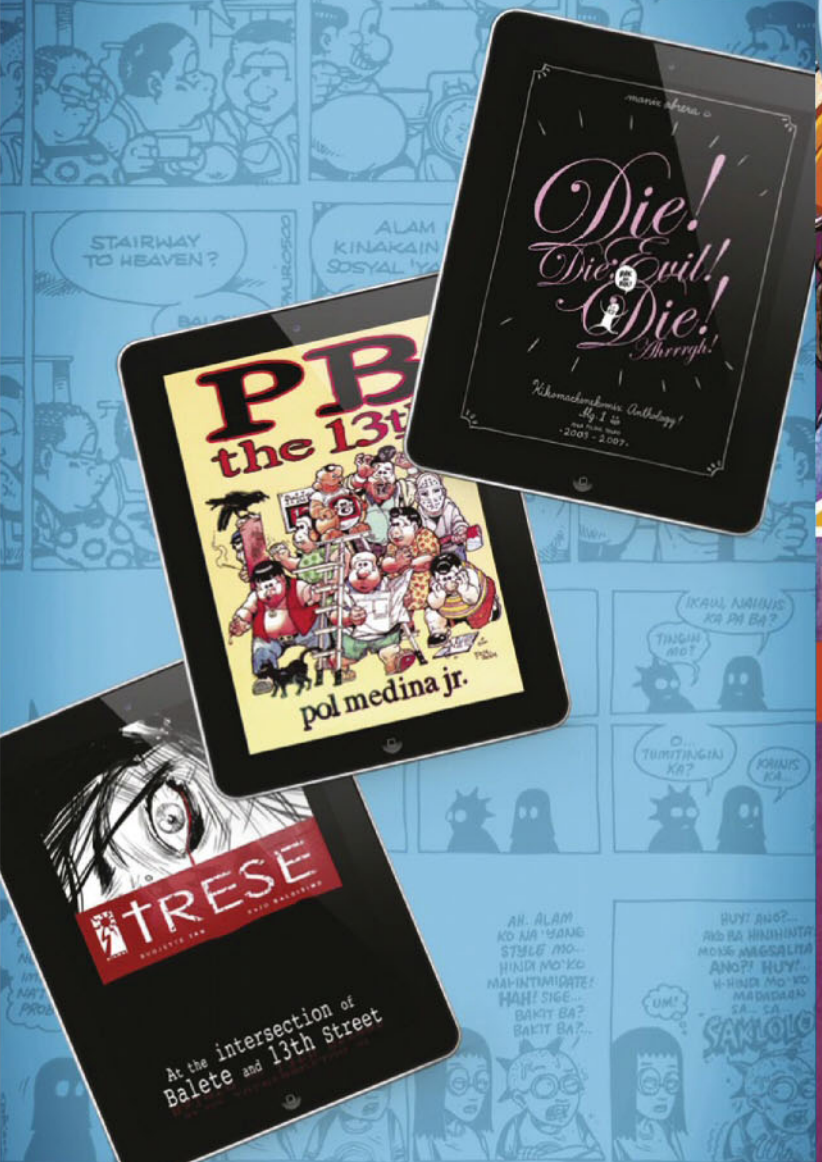

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TRUE STORIES

WHO DARES, WINS...OR NOT

TOOTHLESS AGRESSION

My family goes to a yearly out-of-town trip every summer. We once went to a private resort in Laguna, where we had our own pool in front of our villa. My drunk *tito* hilariously taught me how to dive through a giant donut *salbabida*. He jumped off the pool ledge, straight through the float hole, and into the water. He rose from underwater with a scuffled look and blood on his lips. It didn't appear all that funny until he yelled: "*Natanggal yung ipin ko!*"
Angel Carlos, by email

BUBBLE BURST

My cousins used to go to our house back when we were younger because my grandmother was a really good cook. They would always have lunch over our place, and it became a tradition in our family. One day while having breakfast, I was surprised to see my cousin go to our house that early. When she saw me eating, she leaned over the table, leaned close to my plate and said, "*Uy, pahingi naman!*" I joked that I didn't like to share because it's still too early, but I burst into laughter when she sneezed and blew out a big balloon of snort. I stood up fast and left my breakfast plate on the table. I told her she could have it if she wanted.
Chudor09, by email

ROMANTIC GONE WRONG

I asked my girlfriend if she wanted to stroll around Luneta after watching a movie in a mall in Manila. Being the conservative type, she said yes and seemed excited to go on a romantic walk with me. When we got there, it was past sunset, so the benches under the trees were relatively dark. Just when we were having a romantic moment, my girlfriend freaked out at the sight of a couple doing the deed under a tree. She just asked me to bring her home. I think she felt corrupted with what she saw.
Rishpasa_27, by email

OVER-SHARING

My high school *barkada* and I used to bring packed lunch every day, and we would eat it along the corridors every break time. One of our friends always had delicious *baon*, so we would crowd around her lunchbox and get a fair share of her food. One day she had beef stew for lunch, and chewed on a solid slab of meat fat that she eventually threw up and placed on the lid of her lunchbox. After minutes of scouring through her *baon*, we were surprised when the chewed slab disappeared. Nobody admitted on downing it.
China_Doll12, by email

TRUE Babe STORY

TARA MEDINA

I met a British guy in a club who I eventually dated. He took me to a fancy restaurant on our first date, and I thought it would go well until he started talking to me with a thick British accent. He seemed really nice, but I just could not understand anything he was saying. I tried to look interested in the conversation, and even tried (and failed) to divert his attention to what we were eating. To break the tension, I excused myself five times to the powder room, where I pretended to retouch. I even prayed our date would end. Having no luck on my side, our date lasted for four hours! Just imagine what I had to endure. *Grabe*, nosebleed, *'teh*!

ILLUSTRATION: GILBERT DAROY; TARA MEDINA'S PHOTO: PAOLO PINEDA OF MIDNIGHT BONKERS

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WELCOME TO *FHM BIONIC*!

We may not look it, but all of us here at *FHM* try our best to be the healthiest human beings we can be. Like our shapely cover girls, we have our own mission #balikalindog to accomplish.

All-around newbie Pong Castillo is an Insanity Workout enthusiast, an ecstatic one at that, if her perky, sweat-drenched post-workout IG pics are to be believed. Editors Anton Umali and Mich Lagdameo, both recent Ground Zero survivors, have been chasing the burn by lifting weights and doing cardio in their free time. Managing editor Allan Hernandez runs regularly at the Marikina Sports Complex and is also dead serious about mastering Zen. The boys of FHM.com.ph, I've been told, just declared themselves lords of Pioneer Street hoops, whatever the hell they're trying to prove. Associate editor Alex Paita and I, meanwhile, like to kick things old-school, remaining true to badminton even though Coach Rio's curly locks and passion for running have rendered the erstwhile national sporting obsession as jurassic as anything the portly dudes from *Pawn Stars* have appraised.

This constant quest to better ourselves is at the heart of *FHM Bionic*'s reemergence. Bionic, for those of you who don't know, is what the magazine's Upgrade section used to be years ago.

Why the revival? For one, the boom in businesses geared toward fitness, health, sports, and wellness shows no signs of abating. As a result, becoming an indestructible and well-oiled physical specimen today takes more than just walking your dog in the park or hoisting barbells made of inferior milk cans filled with discarded cement.

FHM Bionic will help make sense of the many options available to you out there—from the steady to the hardcore to everything in between. It will be inspirational, sexy, witty, and wise. Think of it as your reliable coach and spotter, someone whose focus to rebuild you is unparalleled. Trust us, your face won't get smashed on our watch!

Allan

Allan A. Madrilejos,
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INSIDE

2 MONSTER BODY
Seven superstars of Pinoy athletics. Put 'em all together and what do you get?

4 MATCH POINT
Five ladies who make volleyball an officially sexy sport

16 PEDALPHILIA
The many ways you can lust over a pretty pair of wheels

18 DON'T SKIP LEG DAY
Four football-mad bros don 12 ways to definite "sporty casual"

24 NAME DROPS
Invoking your idol makes for a different kind of pumped-up kicks

26 BASKETBALL DUOS
Training, diet, *larong liga* advice, and insights from three of your favorite PBA duos

34 BIONIC MAN
Gear for the urban athlete of the future (aka: you)

36 SUMMER SLOWDOWN
We take three of the PBA's rising stars for a sartorial Sunday drive

41 SUPERHERO WORKOUT
Ever wanted to be Panday growing up? Now, you can (sword not included)

44 BOOKENDER
Wax nostalgic over the PBA's greatest import (and our answer to Air Jordan shoes)

ILLUSTRATIONS: ANJ JAVIER WORDS: LAMAR ROQUE

GET THE MONSTER ATHLETE BODY!

The hashtag #beastmode is reserved for the baddest Filipino athletes in the land. While most of us start the morning with hot *pandesal*, black coffee, and Facebook, *atletang* Pinoys kick off at dawn and convert what little inches of fat they have left to buckets of sweat. Then, they push their body's limits all day long and punctuate their 9-5's worth of punishment by sleeping with niggling aches and pain.

There's a way to earn the handle, though–and that's where we come in. All you have to do is to do what Filipino athletes do right, no excuses. Soon, your #beastmode post will be #legit.

ABS

MANNY PACQUIAO

BOXING

First and only eight-division world champion

How he does it: It's a given that Pacman knows how to take "*bodega*" shots during his matches as he has consistently carves his core. His secret: he does 2,300 to 2,500 crunches each day. Per variation of an abs exercise, he does 30 to 50 reps.

How you can do it: Before you start hitting your abs with a rattan stick, better drop to the floor and work your core. Begin with a variety of sit-ups, leg raises, and 30- to 40-second planks and complete 30 reps each.

Cheat: More than trying to make them abs pop through working out, clean up your diet. Make sure your meals are healthy by upping your protein-veggie-fruits intake, lessening the carbs, and staying hydrated.

BRAIN

EUGENE TORRE

CHESS

Grandmaster

How he does it: Being the first Asian chess grandmaster at the age of 22 means Torre has been sharpening his sense of foresight and anticipation even before he uttered his first words. He has broken chess records time and time again, and at 62 years old he now leads the search for the first Filipino world chess champion.

How you can do it: Don't fret if chess didn't catch your interest as a child. To build brain brawn for competition, visualization of athletic triumph increases mental toughness, says *The Journal of Applied Sport Psychology*.

Cheat: Eat sweet potatoes, or *kamote*, as they not only contain glutathione that improves your immune system but also drops your risk of heart attack, stroke, and Alzheimer's.

CHEST

JAMES WALSH

SWIMMING

American-born swimmer, Sea Games gold medalist, and Philippine Olympian

How he does it: Walsh holds the national record for the 200-m butterfly category. His stroke requires not only impeccable timing, but also a lean torso, strong arms, and of course, a well-built chest.

How you can do it: Accomplish 300 to 600 meters' worth of strokes and couple your training with heavy-weighted chest flys, chest presses, and pushups.

Cheat: Perform a wide-stance (your arms further apart than usual) pushup as it translates to a broader chest.

ARMS

ASI TAULAVA

BASKETBALL

Former Philippine Basketball Association and ASEAN Basketball League Most Valuable Player

How he does it: At 41, Taulava sculpts his guns through functional training. His tools for building massive biceps include sandbags, kettlebells, a sled, suspension bands, and battle ropes. He does variations of rows, kettlebell swings, and the Turkish get-up.
How you can do it: Hold a pair of dumbbells with your elbows at 90 degrees. Do seven bicep curls all the way up to your shoulders. After, hold the dumbbells just above your knees and perform seven bicep curls—but only until your elbows are at 90 degrees. Do the last seven curls with the dumbbells coming from above-the-knee level to your shoulders. Do this for three rounds without rests.
Cheat: Keep your grip in the middle of the dumbbells' handle. Slipping your grip to the side recruits more of your biceps to work harder.

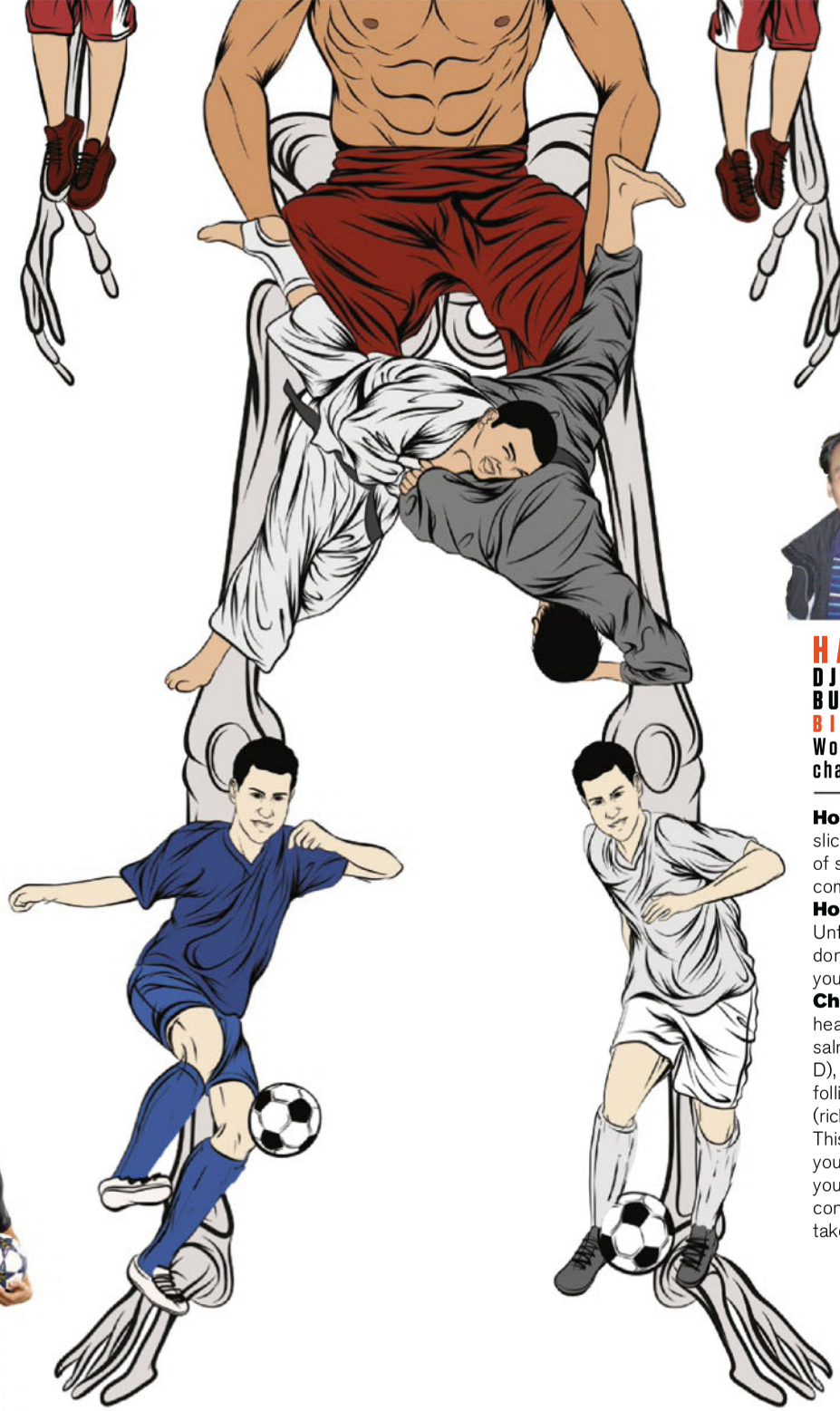
LOWER LEGS

PHIL AND JAMES YOUNGHUSBAND

FOOTBALL

Philippine team and UFL football stars

How they do it: The Younghusbands are able to zoom past the opposition because of a series of tactical drills, circuit training and sprints that are the usual itinerary during their early morning pitch practices.
How you can do it: Incorporate squats, dynamic lunges, and even box jumps into your workout program via three sets of 10 reps each. After using only your body weight for two weeks, welcome the challenge of adding weights to your exercise. Use a five-kilogram medicine ball or 12-lb dumbbells as you develop leg power.
Cheat: After their two-hour morning practice, taking power naps keeps the dynamic duo energized throughout the day. And to keep their get-up-and-go levels at a 24-7 peak, they avoid high-sugar and high glycemic food.



HAIR

DJANGO BUSTAMANTE

BILLIARDS

World nine-ball champion

How he does it: His slick-back style is a result of some baby oil and thin comb precision combing
How you can do it: Unfortunately, you can't don style like Bustie—but you can try.
Cheat: For hair and scalp health, try incorporating salmon (packed in vitamin D), eggs (further hair follicle vigor), and spinach (rich in beta-carotene). This way, whatever cut you decide on, or product you choose to use, you're confident your head can take it.

UPPER LEGS

GILBERT RAMIREZ

JUDO

Southeast Asian Games gold medalist and veteran judoka

How he does it: Ramirez used to mainly focus on heavy-weighted leg presses and curls to further his throwing strength. Today, he admits that plyometrics and ladder drills were the reason he was undefeated in the lightweight category of last year's Sea Games.
How you can do it: Start your workouts with a 10-minute skipping rope routine. This way, your core's engaged and your legs are all warmed up. Do high knees, squats, bunny hops, jumping jacks, and shuffles. Allot 30 seconds for each and do three rounds.
Cheat: Ramirez also throws more dynamic movements like jump squats and frog jumps into his fitness regimen. These make for stronger and more explosive quads.

PHOTOS COURTESY OF DAVID FINGER (MANNY PACQUIAO); DIJK, HANS VAN / ANEFO (EUGENE TORRE); JIM BURGESS (JAMES WALSH), JUN PINZON FOR *MEN'S HEALTH PHILIPPINES* (GILBERT RAMIREZ), AND JAY TABLANTE FOR *MEN'S HEALTH PHILIPPINES* (PHIL AND JAMES YOUNGHUSBAND)

MATCH POINT

IF YOU'RE STILL DRIBBLING, STOP IT ALREADY. THE COOLEST THING TO DO WITH A BALL RIGHT NOW, AS THESE GIRLS SHOW, IS TO

RECEIVE SET SPIKE!

PHOTOGRAPHY: **PAOLO PINEDA AND EJAY LEUNG OF MIDNIGHT BONKERS;** INTERVIEW: **ALEX C. PAITA, ASH MAHINAY**

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Angeli Tabaquero
Abby Praca
Melissa Gohing
Jed Montero
Michelle Datuin

MICHELLE DATUIN

MIDDLE ATTACKER, NATIONAL TEAM

JERSEY NO.: 10
TWITTER/INSTAGRAM: @IAMMITCHDATUIN

Nice to have you again! Outside of the league, what keeps you busy these days?
When I'm not inside the playing court, I'm managing my milk tea business. Currently, I'm busy with my business expansion. Aside from that, I do courtside reporting for volleyball games and hosting for some events, depending on my schedule. And if it's off-season for volleyball, I travel a lot. I like nature tripping. I'm a beach bum!

So that explains why you seemed at home on this location. And judging from the game you had against us a while ago, you sure don't mind sand getting into where it shouldn't be...
Nah! I just focus on the game. I clean up the mess after the business. Ha ha!

People know you for your game face during your matches, especially during your stint in the UAAP. Is perfecting it also part of your training routine?
Ha ha! People see me as a very serious player and I'm known for being these three Ms: *mataray*, *matapang*, and *mayabang*. A little harsh, right? I just need to step up for my team. I was desperate to win every game because I wanted a happy ending in the UAAP and most of all, it's a lifetime honor to win championship titles for my alma mater.

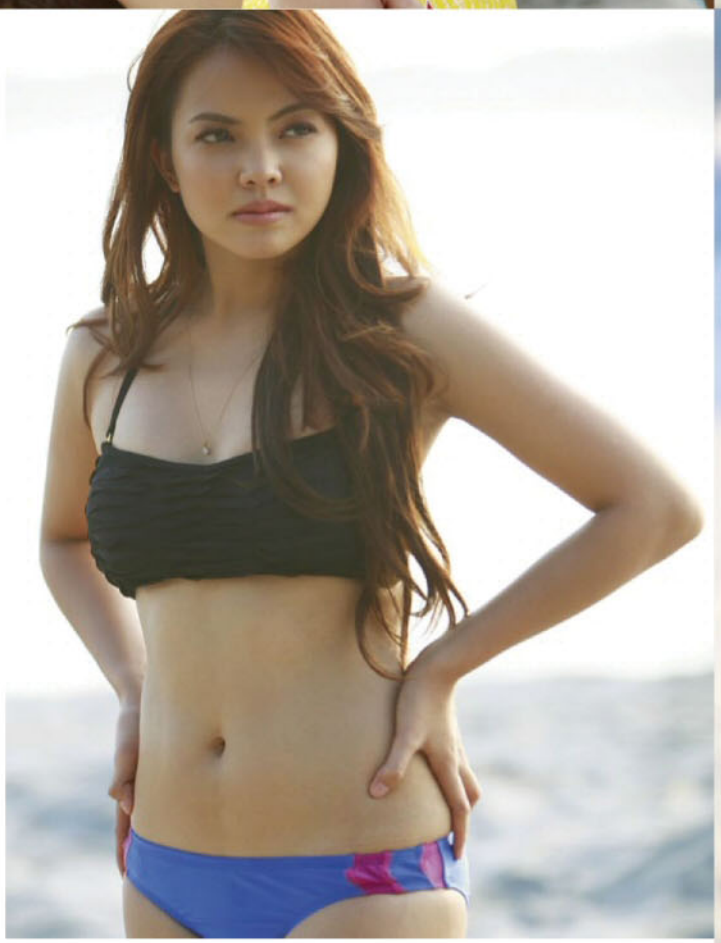
Any other trademarks on court?
People say I'm a trash-talker. But the truth is, I only do psyche war by guessing an opponent's plays and saying it out loud while pointing at her—sort of distracting them. Now you guys know! Ha ha! I've been booed in the service area because of my strong attitude inside the court. I can see myself in DLSU Ladyspiker Aby Maraño. I'm glad that someone always wants to take charge and fight for the team, even if it means having a lot of haters.

Athletes are known to be the dominant types. Is it the same for you in relationships?
This is my favorite question, ha ha! I can say that I'm really competitive and dominant most of the time but I know when to be submissive. That I can assure you.

What's in store for you this year?
I aim to improve our rank in the Asian Volleyball Championship for the national team, and to grab the championship title in the Philippine Super Liga for Cignal. Wish me luck!

1. NAVY BLUE PRINTED TOP, SPEEDO 2. RED STRING BIKINI BOTTOM, KOI SWIMWEAR

1. GRAY TOP, SOAK SWIMWEAR 2. DOUBLE STRING NAVY BIKINI BOTTOM, KOI SWIMWEAR



JED MONTERO

OPEN SPIKER/LIBERO, RC COLA RAIDERS

JERSEY NO.: 2
TWITTER/INSTAGRAM: @JEDMONTERO

Do you think volleyball is about to become the next "big thing" in sports? As compared with the undying fandom for basketball and the recent popularity of football?
Absolutely, yes! Volleyball nowadays has evolved and improved so much. It's more commercialized now, which is really a good thing. Games are more intense and they keep the viewers craving for more action. And of course, admit it, we have a lot of beautiful and lovable volleybelles!

How did you feel about the first season of the Philippine Super Liga?
It was my first time to play last December, when we had import players from different countries. It was so competitive, all the players were so good—especially the imports. My god, *nakaka-starstruck* and *nakaka-nerbyos*! It felt like I was playing in an international competition, ha ha!

We played a boys vs. girls game on the beach and we know that you took it easy on us. In a real game with real...err...men, who do you think would win?
Magyayabang sana ako, but I think it will be the men's team that would win, ha ha! *Iba pa rin maglaro ang lalaki* and *mas malakas naman talaga sila*, but I assure you that it will be a close fight, ha ha!

You also played in bikinis. Compared with those tight volleyball uniforms, how much easier—or harder—is it to play in them?
It's harder playing in bikinis. Strings *lang kasi ang* support, ha ha! *Isang malalang galaw pwedeng mapigtas*. Your body is also obviously more exposed, so *mas* conscious *ka sa mga galaw*.

If volleyball is a spectator sport for guys, what is a sport you girls like to ogle in return?
Basketball and swimming! Basketball *kasi napaka-manly ng* sport *na yun*, it seems like *lumalabas ang pagka-lalaki nung tao—kung gaano kaangas, kung gaano katapang*. Swimming, *kasi nakikita mo halos lahat*, ha ha! Kidding aside, I'm impressed with swimmers *din. Ang galing nila, para silang* dolphins.

How was it posing for a shoot again?
It was fun! *Na-miss kong mag-pose* and *na-miss kong magshoot*. I was with my friends *din so ang saya*! It feels like we just had an outing and took lots of selfies, ha ha!

Are there any misconceptions about volleyball players or female athletes that you hate?
Usually when you are a volleyball player *napagkakamalang tibo*, or sometimes others think *na suplada ka*, but I don't hate it. We all have the right to our own opinions and impressions. Let them say what they want to say; at the end of the day, it's always you who knows everything about you as a human being.

1. BLACK HALTER TOP, FLORAL PRINT BIKINI BOTTOM, YELLOW VOLLEY BEACH BALL, SPEEDO

1. BLACK BIKINI TOP, KOI SWIMWEAR 2. TWOTONE PINK BIKINI BOTTOM, SOAK SWIMWEAR

ABBY PRACA

CENTER BLOCKER, CIGNAL HD

JERSEY NO.: 16
INSTAGRAM: @MBING16

Do you think volleyball is about to become the next "big thing" in sports?
Yes, I think it will be. From a player's point of view, volleyball has caught the attention of many sports fanatics—it's visible in the way they support the commercial leagues in the Philippines like the PSL. Aside from that, we can also credit the popularity of the sport to former players and athletes who have encouraged their children to get into the sport, as well as all the schools all over the country for giving their own volleyball programs the support they need.
How did you feel about the first season of the Super Liga?
Being able to play in this league was such a great honor because I was able to play with people who I don't just watch on TV, but idolize as well. The spectators are also great; they give all the players the added push to play our best.
We played a boys vs. girls game on the beach and we know that you took it easy on us. In a real game with real…err…men, who do you think would win?
I really think that volleyball is not just a game of strength but it also takes what they call *gulang*. Sometimes you don't have to be the strongest player on the court to gain a point, but you also need to play smart. That's why I would say that both teams would have an equal chance of winning.
You also played in bikinis. Compared with volleyball uniforms, how much easier (or harder) is it to play in them? Why?
I think playing in bikinis is as comfortable as playing while wearing volleyball uniforms. Humility aside, I think I look good in both, ha ha! I'm kidding!
Sporty guy or non-sporty guy, does it matter? What do you like in a man?
As much as possible, *gusto ko rin yung* sporty *na katulad ko*. We don't need to have so many things in common, but at least we could get along with one thing–and that is being active in sports.
Being an athlete means having a nice body, what part are you most proud of?
Tummy and butt, ha ha!
Since volleyball is a predominantly indoor sport, does it make you happy *na hindi ka umiitim* like other athletes?
I feel so happy *na hindi ako basta-basta umiitim. Hindi kasi bagay sa akin kapag umiitim ako*. It's also great that *hindi ako madaling umitim kahit bilad pa ako sa araw*, ha ha!
rtt

MARIA ANGELI TABAQUERO

OPEN SPIKER, CAGAYAN VALLEY LADY RISING SUNS/POWER PINAYS

JERSEY NO.: 2
TWITTER/INSTAGRAM: @GE_TABAQUERO

We like how you always seem to be at ease on court...
I play with swag and I'm just keeping it cool while inside the playing court. No pressure!

How's the PSL experience so far?
The experience as a whole is amazing. I must say I'm lucky because if it wasn't for the sport...*wala siguro ako sa* April issue *ng FHM ngayon*. Ha ha! Playing the sport helped me gain more confidence.

Do you lead a secret life outside of volleyball?
My whole life actually revolves around volleyball right now. I used to work as a marketing assistant but then I decided to quit my job and concentrate on coaching. I'm that passionate about this sport.

Do you think volleyball will soon overtake basketball in terms of following here in the country?
Well, basketball is basketball. Volleyball is actually making its own name. Let's just say the popularity level is equal.

We know athletes eat a lot. So how do you maintain that *FHM Bionic* cover-worthy figure?
No specific diet for me. I eat a lot, as in a lot. That's because our sport isn't easy at all. Imagine making a perfect spike, or digging a ball that's flying at 80mph at our faces. I train twice a day for three hours each. It's a total workout with plyometrics, resistance training, and all.

Tight uniforms aside, what's another good reason to keep watching v-ball?
Aside from girls wearing tight and very short spandex shorts, volleyball is actually thrilling to watch. I can say that the sport is as intense as basketball.

Is looking good part of your regimen too?
Honestly, I'm not pressured to look good on court. As long as I play well, looks don't matter to me at all. Ha ha!

MELISSA GOHING

LIBERO

JERSEY NO.: 9
TWITTER/INSTAGRAM: @GOHINGMELISSA

Were you into another sport before you got into volleyball?
I was a ballet dancer before. A good friend of mine pushed me to train with the girls volleyball team when I was in sixth grade. I wasn't serious about it at first but eventually my love for the sport grew.

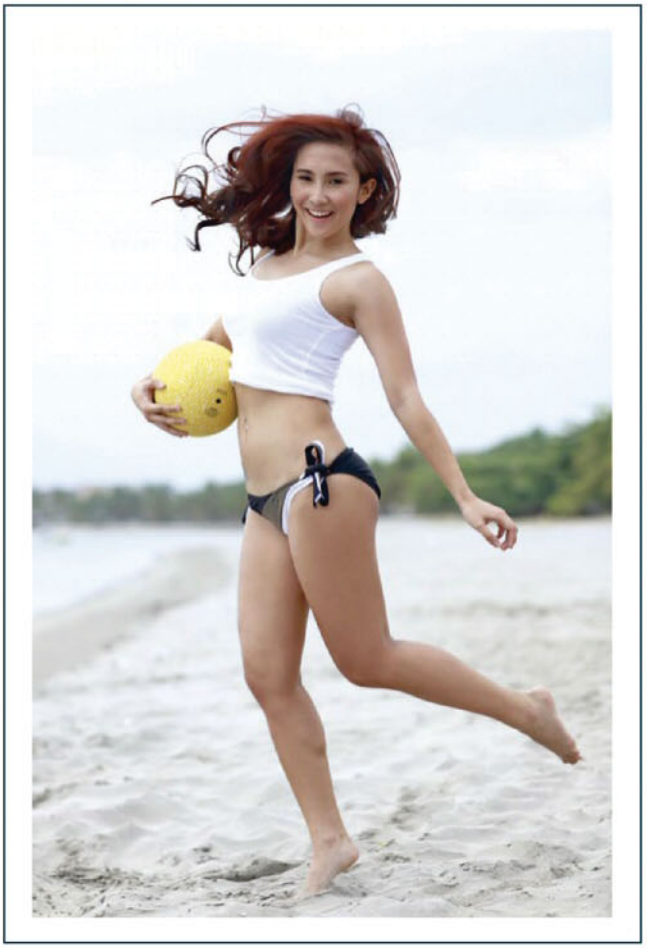
People call you The Ninja. How did you earn this moniker?
I'm a libero and you will always see me rolling and diving to save the ball. I love my job in the team, you'll get bruises and floor burns but it's better than letting the ball touch the floor and letting the opponent score!

Outside of volleyball, are you quite the ninja too?
I have a day job so I can practice the course that I'm taking in Graduate School, which is Marketing Communication. But little do people know I have an artsy side—I do graffiti when I'm not busy!

Amazing skill, and amazing body too! What do you do to keep fit?
I've been really into fitness after college. I do

1. WHITE TANK TOP, MODEL'S OWN 2. TRICOLOR STRING BIKINI BOTTOM, SOAK SWIMWEAR 3. YELLOW VOLLEY BEACH BALL, SPEEDO

1. BLACK HALTER TOP, SPEEDO 2. TWOTONE NEON BIKINI BOTTOM, SOAK SWIMWEAR



CrossFit and hit the gym for extra workouts during off-season to keep me in shape. As much as possible, I refrain from eating junk. Even if it's off-season, I still go to the gym or do CrossFit.

Athletes are known to be the dominant types. Is that the same for you when it comes to men?

It depends, but in my case if you're an athlete, your perspective is different. I'm a bit competitive in some aspects and that's why I prefer to be with an athlete as well.

In our opinion, Pinay players are the hottest players in Asia, as your body types are closer to Brazilians. Are you aware of this?

I really don't have any idea about that!

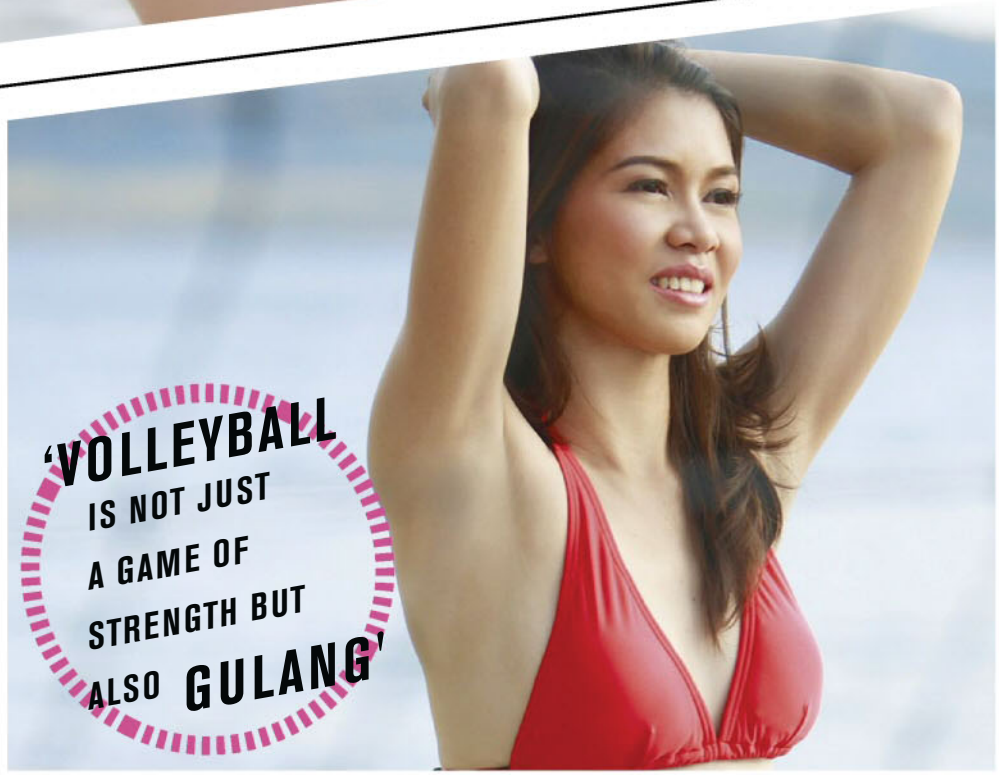
Getting fit is a given, but are you somehow compelled to look beautiful too since the sport is getting much exposure on TV and the Internet?

It's not how good you look, it's how good you play! Ha ha!

What can we expect from you this year?

Hopefully I'll be able to play again with my teammates in a commercial team for an upcoming league, and to pursue my dream of being an advocate for health and fitness! **FHM**

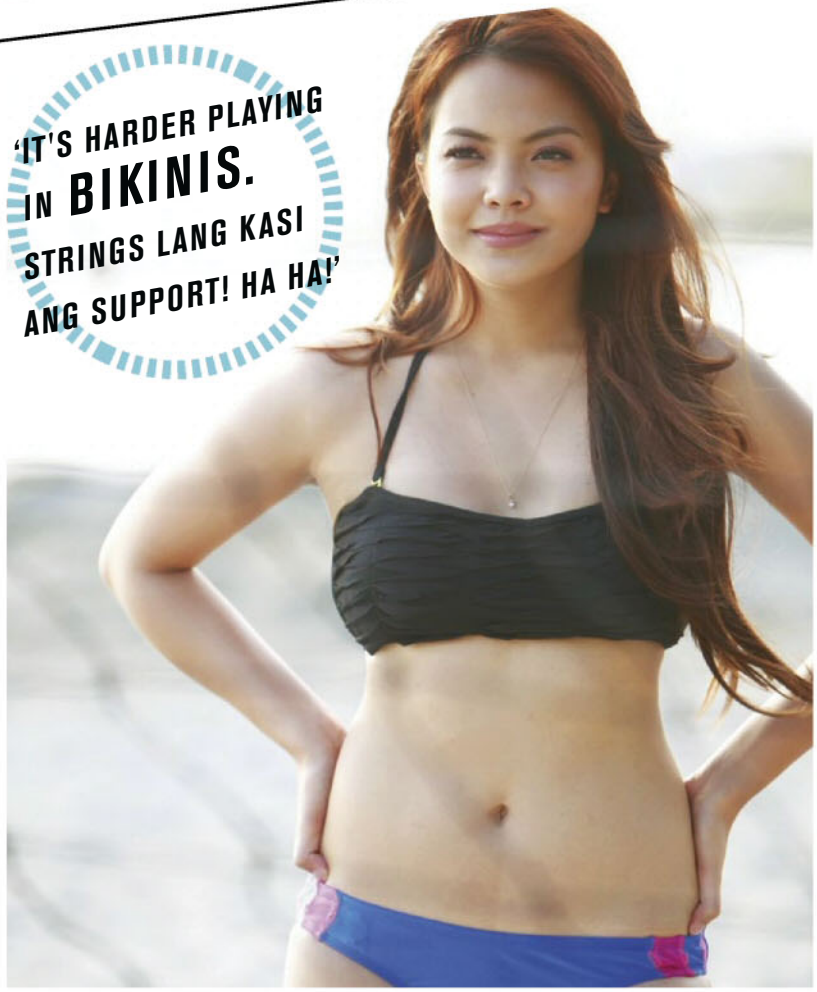
‘PEOPLE SAY I'M A TRASH-TALKER. BUT IT'S ALL **PSYCHE WAR**’



‘**VOLLEYBALL** IS NOT JUST A GAME OF STRENGTH BUT ALSO **GULANG**’

‘AS LONG AS I PLAY WELL, **LOOKS** DON’T MATTER TO ME AT ALL’

'I REFRAIN FROM EATING JUNK FOOD. EVEN IF IT'S OFF-SEASON, I STILL DO CROSSFIT'



'IT'S HARDER PLAYING IN BIKINIS. STRINGS LANG KASI ANG SUPPORT! HA HA!'

ON ANGELI: ALL FROM SPEEDO

PEDALPHI

BEACH CRUISER BIKE
With a single gear, kick-back brakes, balloon tires, a relaxed riding position, comfy seat, and wide handlebars, riding this is as easy as "get on it and go." Hang ten, brah!

MINI VELO BIKE
The mini velo is indeed small, and being so means it is the perfect urban assault weapon for crowded cities. The minis are light and nimble, and have almost cult-like status in Japan.

CITY BIKE
From China to Japan and the Netherlands, this is the ubiquitous bike. Some of these bikes also have a front basket that lends to their utility. More often than not, they're equipped with a full compliment of fenders to keep you safe from splashes, and a sealed, low-maintenance drivetrain for sheer dependability, dynamo-powered lights for visibility, and a bell for courtesy.

CHOPPER BIKE
Inspired by the likes of Orange County Customs and other motorcycle fabricators, these pedal-powered machines emulate the attitude of their throttle-twisting brethren.

FOLDING BIKE
Forget about all those "circus bear on a bike" jokes. There's a reason folding bikes are popular—especially for those hardy souls who choose to commute to work by bike. Their compact size when folded make them right at home in an apartment or on the train. Once deployed, they're nimble enough to zip through traffic, and their wide range of gears makes city riding a breeze.

MOUNTAIN BIKE
With knobby tires, disc brakes, and the latest in suspension technology, these bikes are designed to go up, down, over, through and around different types of terrain.

LIAO

MORE AND MORE OF US ARE RIDING BICYCLES—TO SAVE OURSELVES AND THE WORLD IN STYLE

WORDS: AGU PAISO
ILLUSTRATIONS: MARTIN COSME

ROAD BIKE

If you fancy donning skin-tight Lycra while pedaling, then plant your behind on a road bike. The faster, need-for-speed folk will do good with exotic carbon fiber or ultralight aluminum, while those looking for comfort can opt for steel, or even titanium.

TANDEM

What's potentially twice as fun as any of the bicycles here? That's right, a tandem bicycle, or as that song goes, a "bicycle built for two." Performance-wise, the tandem can be twice as fast, or twice as efficient, when compared with a normal bike. The only problems we foresee are deciding who sits in front (the captain), versus the rear (the stoker)—a potential spousal squabble right there. You've been warned.

FIXED GEAR BIKE

You think we watched *Premium Rush* because of the storyline or (God forbid) Joseph Gordon-Levitt? Hell no! We watched it for the edge-of-your-seat action scenes of fixed gear riders breaking every possible traffic rule—and need we repeat, Dania Ramirez. It's a shame that some "fixie" riders can't tell fact (or fad) from fiction! Put a brake on your bike, ya hipster!

RECUMBENT BIKE

Remember that nerd classmate you had in high school? Well, the recumbent is like that in the bicycle world. Who else would think that sitting in a reclining position is more efficient?

FAT BIKE

Originally developed for riding in snow and sand, you'll discover that these mountain bikes on steroids are a blast to ride—anywhere. Those tires measure *at least* 3.8 inches wide.

BMX

While your riding skills may never match that of Danny Caluag, it's still a fun ride, in a back-to-your-childhood kind of way. Chances are, your first taste of two wheels was on a bike such as this.

TRIATHLON BIKE

Constructed of ultralight carbon fiber, these bikes have every aerodynamic trick in the book. The design puts the rider in a position that cheats the wind and saves his strength for the run part

PEDICAB

Other countries have more "stylish" executions of it, but ours epitomizes "bike to live" as opposed to the cliche "live to bike".

ON JINGGOY:
ON IT ¾ SHIRT, P3,500;
RED AND BLACK JACKET, P4,500;
MEXICO 66 SLIP-ON RUBBER
SHOES, P4,200,
ONITSUKA TIGER
BLACK TRACK PANTS, PRICE
AVAILABLE UPON REQUEST, DIESEL

ON ANDRES:
RED T-SHIRT, P2,850,
ONITSUKA TIGER BLACK
LONG-SLEEVE SHIRT, P999;
GRAY SHORTS, P849 FOLDED AND
HUNG
CLASSIC 420 RUBBER SHOES, P3,495,
NEW BALANCE, PLANET SPORTS

DON'T SKIP LEG DAY

The boys from UFL team Pachanga Diliman F.C. don the best pre-workout and post-workout looks–we'll spare you the sweaty in-between

Words: Ash Mahinay • Styling: Charmaine Palermo • Photography: Ejay Leung

Summer is no excuse to slack off on keeping fit. Don't coop up inside a stuffy gym—it's the perfect time to get those scrimmage games in under the sun. You don't want to look like a bum in front of summer girls watching in their summer dresses, though, so make sure to update your athletic gear accordingly.

ANDRES GONZALES, 32

Filipino
Midfielder

NATE BURKEY, 29

Filipino-American
Forward

REZA AMIRKHIZAN

Iranian
Forward

GERARDO VALMAYOR III, ***21***

Filipino
Forward

ON NATE:
GREEN AND NAVY ¾ SHIRT, P590;
GRAY JEANS, P1,990,
BOTH FROM UNIQLO
BLUE TRACK JACKET, P6,850,
ONITSUKA TIGER
PORSCHE 550 SPORT SHOES, P6,595,
ADIDAS, AVAILABLE AT PLANET
SPORTS

ON REZA:
OSAKA T-SHIRT, P1,950;
CAMO HOODIE, P5,250,
BOTH FROM SUPERDRY
GRAY SWEAT PANTS WITH NEON
DRAWSTRING, P999,
FOLDED AND HUNG
CLASSIC 501 RUBBER SHOES,
P2,995, NEW BALANCE,
AVAILABLE AT PLANET SPORTS

WHEN CHOOSING WORKOUT OR ATHLETIC GEAR, DO YOU GO WITH THE TREND OF BRIGHT NEON COLORS OR MORE ON DARK, LOW PROFILE LOOKS? WHY?

Nate: When choosing athletic gear, I choose both kinds of colors, it just depends on which mood I'm in or the weather. What's most important to me is that it is comfortable.

Andres: I like wearing bright and neon colors when I work out, especially neon orange! The color seems to perk me up for working out.

Gerardo: Sometimes I wear neon clothes, and sometimes I wear dark clothes. It depends on my mood, but I really don't mind what I wear–it's all about the workout I do anyway.

Reza: I like to work out in the afternoon, between 4-6 PM, and I think the trend of bright neon is good for that time.

ON REZA:
CLIMALITE SLEEVELESS SHIRT, P995, ADIDAS, RUNNR GRAY COTTON SHORTS, P3,650, SUPERDRY
3090 MINIMUS RUBBER SHOES, P4,795,NEW BALANCE, PLANET SPORTS
CRUISE SPORT WATCH, PRICE AVAILABLE UPON REQUEST, TECHNOMARINE

ON NATE:
BLACK POCKETABLE JACKET, P1,490, UNIQLO
BLACK T-SHIRT, P1,295, NIKE; 890 NYC RUBBER SHOES, P5,295, NEW BALANCE, PLANET SPORTS
RED SHORTS, P1,379, TYR, RUNNR
BLACKREEF WATCH, PRICE AVAILABLE UPON REQUEST, TECHNOMARINE

IS IT OKAY TO WEAR OLD SHIRTS AT THE GYM, OR SHOULD YOU BUY ACTUAL GYM CLOTHES?

Nate: It is definitely okay to wear old shirts to the gym. Just like in fashion, some people like to wear their vintage jerseys or old college shirt to work out in. It goes back to being comfortable and also represents whatever you're wearing.

Andres: I prefer to buy and use actual gym clothes that are made from lightweight and dry-fit material. I don't like the feeling of sweat being kept underneath my clothes. If only I wouldn't offend anyone if I work out with as little clothing as possible...

Gerardo: I'd wear new workout clothes because it's my form of motivation. I reward myself with new clothes if I worked out and feel good the next day.

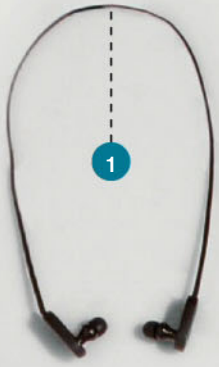
Reza: For me, it's better to buy actual gym clothes, especially the compression-type clothing.

ON JINGGOY:
JUMPMAN GRAY T-SHIRT, P1,595, NIKE; CLASSIC 996 RUBBER SHOES, P5,995, NEW BALANCE, PLANET SPORTS SLIM FIT JEANS, P1,990, UNIQLO NAVY BLUE JACKET, PRICE AVAILABLE UPON REQUEST, DIESEL

ON ANDRES:
NEON JERSEY T-SHIRT, P799, FOLDED AND HUNG JACKET, SUPERDRY BLACK SHORTS WITH NEON STRIPE, P699, EQUIPE AVAILABLE AT RUNNR MEXICO 66 RUBBER SHOES, P5,500, ONITSUKA TIGER

BIONIC MAN

Tech fabric, tech you wear, protection for all your tech...these are the things you need for the next-gen workout



PHOTOGRAPHY: LOUIE AGUINALDO; WORDS: ASH MAHINAY

Check out Pismo & Urbanize at Shang-rila's East Wing

1 JAYBIRD WIRELESS EARPODS *P9,590, Pismo*
No dangly wires! And with eight hours of audio from a single charge, it'll last longer than you at the gym, that's for sure.

2 POLAR RC3 *P17,599, Toby's*
Scientifically prove to your coach that you busted a gut and didn't just jog the course with this GPS tracker that can also read and record your heart rate.

3 ADIDAS CLTR TEE *P1,395, Adidas*
High vis color for maximum safety, and high air flow for minimal sweaty feel

4 OTTER ARMOR CASE *P4,900, Urbanize*
Shockproof, water-resistant, dust-free, etc.–the only bad thing that can happen to your phone while it's in this case is you losing it.

5 ADIDAS RUNNING SOCKS *P795, Adidas*
Lightweight, because what's the point of a minimalist shoe if your socks are bulky?

6 ADIDAS ADIC SHORT *P1,695, Adidas*
Remember: comfy after-work digs are just as important, but they have to look good.

7 ADIDAS MEDIA ARMPOCKET *P1,195, Toby's*
Stashing keys and phones safely is a hassle for runners everywhere. If beltbags are too nerd chic, strap your phone to your arm instead and tuck your keys into its sneaky little pocket.

8 NIKE+ SPORTSWATCH *P8,495* **(NIKE+ SENSOR** *P995***),** *Toby's*
Track your pace, distance, calories burned, and time spent breathlessly chasing that hot bod with this neat-looking watch.

9 NIKE ELITE TOP *P2,095, Toby's*
Compression feels mighty good, but please promise to never use this alone as your actual top.

10 YURBUDS INSPIRE PRO *P3,000, Toby's*
If wireless earphones make you paranoid with the thought of them falling off, pick these Yurbuds, which are guaranteed to never fall out. We'd test that claim by doing cartwheels–if we knew how!

11 IHEALTH BLOOD PRESSURE DOCK *P6,990, Pismo*
Keep your BP in check after that post-workout binge.

12 NIKE ELITE SOCKS *P665, Toby's*
Cushy zones for people with sissy feet.

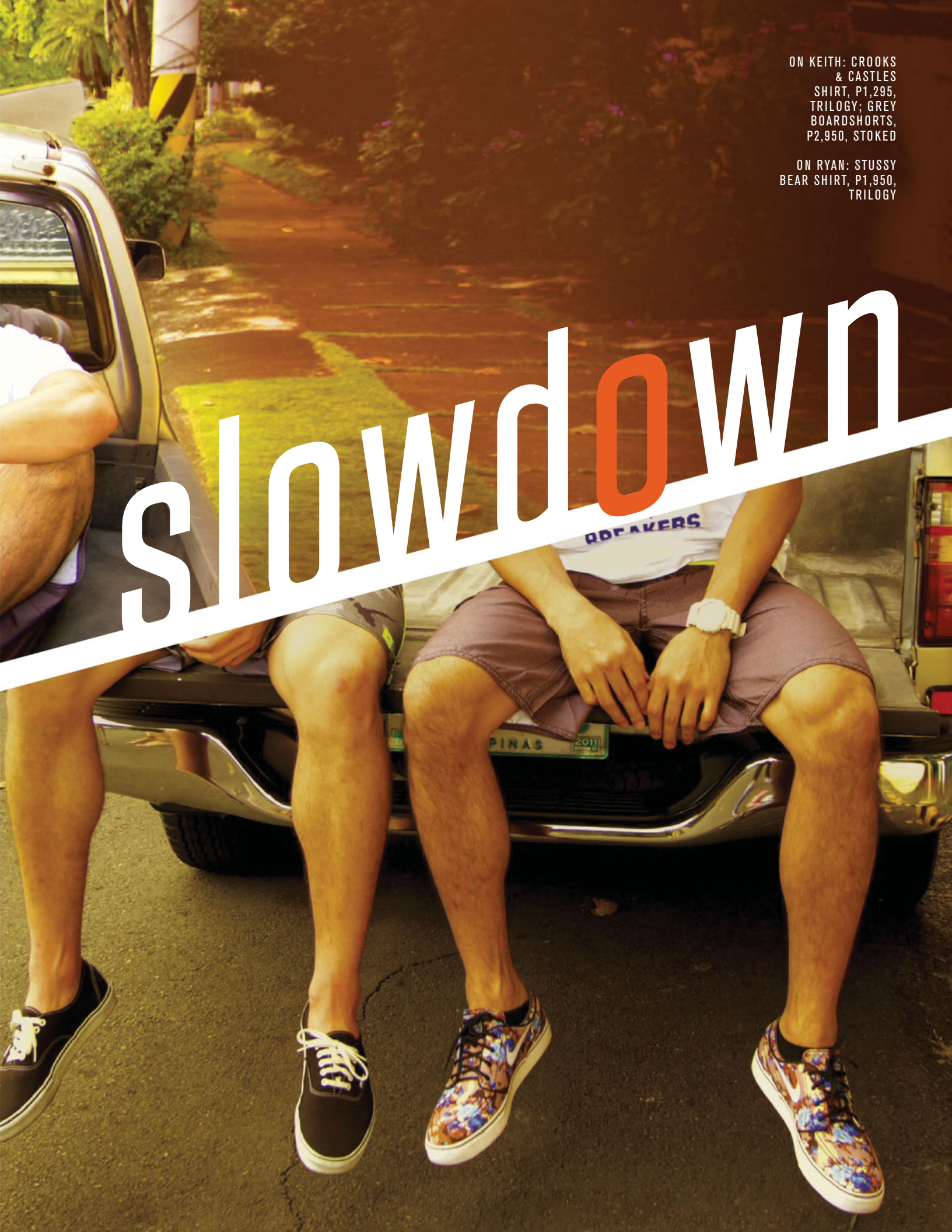
13 POLAR BOTTLE *P595, Toby's*
Tepid water just doesn't hit the spot as well as a cool drink. Which is why this insulated vessel that extends the chilly lifespan of your *baon* is very welcome

14 IHEALTH WEIGHING SCALE *P5,490, Pismo*
Got to keep track of those gains (or losses), brah!

summer

PBA PLAYERS RYAN ARAÑA, KEITH JENSEN, AND ALEX MALLARI DON'T GET MUCH TIME OFF COURT DURING SUMMER. BUT WHENEVER THEY DO, THEY KNOW HOW TO CHILL

PHOTOGRAPHY: RIA REGINO OF FAT CAT STUDIO
INTERVIEW: ASH MAHINAY AND PONG CASTILLO
STYLING: ASHLEY CAYUCA
SPECIAL THANKS TO JUDY DEEN
MODEL: GRENDEL ALVARADO



ON KEITH: CROOKS & CASTLES SHIRT, P1,295, TRILOGY; GREY BOARDSHORTS, P2,950, STOKED

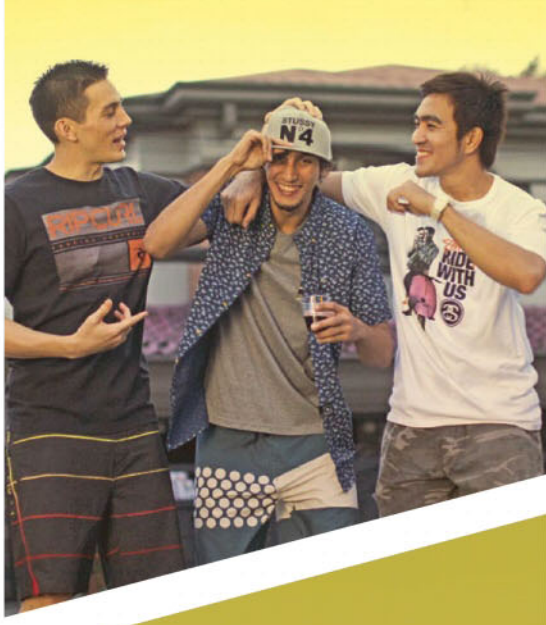
ON RYAN: STUSSY BEAR SHIRT, P1,950, TRILOGY

ON KEITH: RIP CURL HOODIE, P2.650, STOKED; RIP CURL GRAPHIC TEE, P1,600, STOKED; RIP CURL BOARDSHORTS, P3,450, STOKED

ON RYAN: RIP CURL SHORT SLEEVE POLO, P2,450, STOKED; GPPR TEE, P1,495. TRILOGY; RIP CURL BOARDSHORTS, P3,950, STOKED

NAVY BLUE SHIRT, ILLEST, P1,995, TRILOGY; KHAKI SHORTS, ILLEST, P1,650, TRILOGY

STRIPED TANK,
P1,450, STOKED



keith jensen

Barako Bull Energy
Small forward

Before he got drafted in 2012, Jensen used to vacation in his mother's homeland. "When I was 15, I came to a PBA game for the first time, and I was in awe when I saw how big Asi Taulava was and how well he played...Since then, I'd had it in the back of my mind that I wanted to play here after I finished school in America." Keith also takes pride in good shooting arm, and, naturally, his dress sense is also bang on point.

alex mallari

San Mig Coffee Mixers
Guard

If not for his budding popularity in the hoops scene, Mallari could easily be a surfer. He grew up in Huntington Beach, California, "where he would always go surfing." That is something he rarely gets to do now. After winning the 10th Governor's Cup in 2013, Alex looks at continually improving his play style. That means more practice sessions and less beach time. But Alex wouldn't mind if that just means more championships.

ryan araña

Rain or Shine Elasto Painters
Shooting guard

Toughened by years of playing streetball as a kid in Quezon City, Araña was initially labeled a "dirty player" with his attempts at Jaworski-esque slashes and drives, but he gradually developed a more defensive style on court. "*Gusto ko pag nakita nila ako sa harap nila, alam nilang mahihirapan silang makapasok* through the basket." But off court, he also knows how to take the intensity down a notch and relax.

ON ALEX: RIP CURL FLORAL POLO, P2,450, STOKED; CROOKS & CASTLES TEE, TRILOGY

ON RYAN: STUSSY TEE, P1,950, TRILOGY; RIP CURL CAMO SHORTS, P3,250, STOKED

★THE PINOY★ SUPERHERO WORKOUTS

MOVE OVER, SUPERMAN. THESE LOCAL PINOY LEGENDS ARE OUR NEW FITNESS PEGS ON THE ROAD TO ALL-AROUND BADASSERY. BUT FIRST, WHERE TO FIND A MAGICAL ELIXIR THAT WILL GET US OFF THE COUCH

WORDS: MICH R. LAGDAMEO, PONG CASTILLO
ILLUSTRATIONS: BOISEI MALICDEM

★CAPTAIN BARBELL★

SUPERPOWERS: Crazy explosive strength and power

SUPER WORKOUT TO DEVELOP SICK SKILLS: Strength conditioning at Sky Fitness Ortigas
THE COACH: Royan Hernandez

FIRST OFF: WORK THAT CORE!
"Integrated core training should be done at the earlier part of a training program rather than at the end," says Coach Royan. "It must be activated first because it is the key to a better function of the body, not only for correct posture and alignment but also to generate force efficiently in movements with more difficulty." *See: sidebar for integrated core workout*

STRENGTH VS. POWER—AND WHICH ONE IS BETTER
"Captain Barbell needs to be powerful," Royan adds. "Power is the ability to generate as much force as fast as possible. Strength, on the other hand, is just the ability to generate as much force with no concern on how long it will take. In strength and conditioning, power is at the top of the exercise chain. That's what we all want to achieve, not just to be strong, but powerful. But you cannot be powerful if you are not strong enough."

OUR REAL-LIFE TENGTENG: *FHM* Team Editor Allan Madrilejos

"If you have a tight core, you have no business taking on the mantle of Captain Barbell. Power, speed, and efficiency all depend on how well it's activated and engaged. Man up because training will hurt at first. *Aray muna, bago sarap!*"
—ALLAN

GET TO IT!
Warm up
- Basic calisthentics and dynamic stretching
- Mini band walks
- Integrated core workout
- Contralateral toe touches, 10 reps x 3 sets/ per side

Cool down
- Burpees

EXERCISES

KETTLEBELL SWINGS
20 x 3

DUMBBELL PUSH PRESS
6-8 x 3

KETTLEBELL GOBLET SQUAT
10-12 x 3

STEP-UPS
10 x 3

PUSH-UP
2 sets to failure

CHIN-UP
2 sets to failure

DUMBBELL ROWS
10-12 x 3

DUMBBELL ROWS
10-12 x 3

SPECIAL THANKS TO CHINGGAY LABRADOR OF URBAN ASHRAM MANILA (URBANASHRAMMANILA.COM), SKYFITNESS (SKYFITNESS.COM.PH), AND BEYOND YOGA (IGOBEYONDYOGA.COM)

> "I probably did more stretching in that class than I ever did my entire life. My favorite? The corpse pose."
> –AEUS

★ LASTIKMAN ★

SUPERPOWERS: Uber-flexibility, full range of motion

SUPER WORKOUT TO DEVELOP SICK SKILLS: Yoga at Urban Ashram Fort, Brixton, and soon, Makati
THE COACH: Lasse Holopainen

WHY BOTHER BEING FLEXIBLE? "Flexibility and muscle suppleness have a direct impact on both your levels of energy and comfort in your daily life," says Lasse. "A yoga practice is aimed at directing effort toward making our lives easier, by making the body fit and strong, preventing disease, increasing energy levels, and perhaps most important, instilling in you a stillness of mind and self-possession." Real-life Lastikmen will stand up straighter, reach and carry things better, and not sweat the small stuff. Cool.

BUT WILL IT GIVE ME ABS? Says Lasse: "The regular practice of yoga will help you develop amazing core strength and control over time. In advanced yoga and pranayama, the isometric and fine control of all core muscles is explored deeper than any other discipline I know of." Read: you will definitely get abs… if you work hard enough for 'em.

WITH ADDED BENEFITS! "It will keep all your muscles supple, your mind sharp, your nervous system tuned, your sense of balance spot-on, and strengthen your libido," Lasse adds. Muscles like bamboo, nerves of steel, and the libido of an adolescent boy? Lastikman is the ultimate dude.

OUR REAL-LIFE MIGUEL ASIS: *FHM* Senior Publishing Assistant Aeus Reyes

BREATHE! "Especially in twists and deep stretches. It allows you to work your limits and gently overcome them."

GET TO IT!
DOWNWARD FACING DOG: "Take the general shape of the pose with your knees bent, arms straight with the elbows pointing toward the knees and hips high. Push weight back into the heels and start to straighten the legs to target the hamstrings.
UPWARD FACING DOG: Beginners: Drop your knees and focus on opening the upper chest.
PLANK/CHATURANGA: Beginners: Bend your knees onto the mat and point your feet back. This will help you maintain proper form while developing the strength over time.
TWISTING LUNGE: Squaring the hips off in a lunge, bring the torso vertical with the arms raised to the sky. Lowering the hands and pressing them together in front of the chest, begin twisting the torso over the front leg, bringing the opposite elbow down onto the front knee, top elbow pointing up.
UTKATASANA: From a full forward bend, bend your knees and sit back on your heels, bringing your arms forward with the torso resting on your thighs. After one or two breaths, straighten your torso to vertical while keeping the knees bent. "

★ PANDAY ★

SUPERPOWERS: Agility, hand-to-hand combat prowess

SUPER WORKOUT TO DEVELOP SICK SKILLS: Strength, Agility, and Quickness (SAQ) Training at SkyFitness Ortigas
THE COACH: Royan Hernandez

WHY PANDAY IS A BADASS LIFE PEG "Panday is a superhero that usually battles foes in a ratio of one against a hundred," explains Coach Ryan. "To be able to achieve that, one should be fast enough to dodge opponents' blows while giving off his offensive strikes. Also, Panday uses his sword in his attacks, making him a master in rotational movements. Being explosive while holding a sword is a trait of this superhero."

WHICH, IN REAL LIFE, MEANS YOU HAVE TO… Up your body's reaction time and efficiency of movement. "Speed means the rapidity of movement and agility is defined as the ability of the body to change speed and direction, while quickness is described as the ability of the body to read and react to a situation."

OUR REAL-LIFE EFREN: *FHM* Associate Art Director JL Patulan

HURDLE DRILLS

DOUBLE LEG HOPS
8 x 3

SINGLE LEG HOPS
8 x 2 per side

DOUBLE LEG LATERAL HOPS
8 x 2 per side

SINGLE LEG LATERAL HOPS
6 x 2 per side

GET TO IT!

Warm up
- Basic calisthentics
- Mini band walks
- Integrated core workout
- Contralateral toe touches

SPEED LADDER
for 5-10 minutes. Alternating with the basic ladder drills: Single linear, single lateral, double linear, double lateral and shuffle or zigzag. Alternately using right and left as the lead foot.

SHUTTLE RUN (10 METERS)
Sprint 3 to 5 times from end to end of the 10 meters, making 30m to 50m total distance as fast as you can. Do this for 3-5 times, too. Rest 90 seconds between sets.

ROTATION
Reverse woodchops
6-10 x 3-5 sets per side
Unilateral push press
10 x 4 per side

"Toe touches and planks further trained the warrior in me, but the woodchop move made me feel like I was in a hot furnace, forging my sword."
–JL

"Relaxing your mind and controlling your muscles while being suspended in midair—like flying—wasn't easy, but it was fun. A literal rush of blood to the head, and a kick in the pants for those with trust issues."
–PONG

★ZSA ZSA ZATURNNAH★

SUPERPOWERS: Super strength and agility that allows high jumps and weight lifting

SUPER WORKOUT TO DEVELOP SICK SKILLS: Anti-gravity yoga at Beyond Yoga

THE COACH: Nik Blancaflor

GETTING YOUR MIND AND BODY READY FOR ANTI-GRAVITY (YOGA): "Suspend your trust issues," says Nik. "In this case, assure yourself that it's safe even when you're turned upside down, or if you're suspended with just a part of your body supporting you." Just be aware of your body and know that you can sometimes go beyond what you thought was your limit.

LEARN THE ART OF LETTING GO According to Blancaflor, yoga doesn't only test your core strength, but also, "it tests your mind to go against what it is scared or doubtful of." Just like Ada, who is a gay man struggling to let out his inner kabonggahan, you can also let go of your fear and finally know what it feels to have strong muscle control and go against gravity (sort of).

YOU DON'T NEED TO DOWN A ROCK... You just have to have rock-hard abs, arms, and core muscles. Lifting your own weight and doing stunts midair won't be easy. "You have to build up strength to build up speed, too," says Blancaflor.

OUR REAL-LIFE ADA: *FHM* editorial assistant Pong Castillo.
FHM

INTEGRATED CORE WORKOUT

PLANK
10-15 seconds, hold for 10-15 reps

FLOOR BRIDGE
10-15 seconds, hold for 10-15 reps

SIDE PLANK
10-15 seconds, hold for 10-15 reps

PLANK WITH HIP EXTENSION
5-10 seconds, hold per side for 12-20 reps

QUADRUPED OPPOSITE
5-10 seconds, hold per side for 12-20 reps

PLANK WITH ARM AND LEG RAISE
5-10 seconds, hold per side for 12-20 reps

NIKE LEBRON XI
P9,495

NAME DROPS

Kicks like the pros

ALL ITEMS AVAILABLE AT TOBY'S SPORTS

WORDS: ASH MAHINAY
PHOTOGRAPHY: LOUIE AGUINALDO

NIKE JORDAN SUPER.FLY 2
P7,995

NIKE JORDAN CP3.VII
P6,795

No one expects you to ball like your idol when you throw on a jersey with their name on it—that's just standard issue fanboy hero worship. Now, turning up at the neighborhood court in their signature model? You'd better live up to them on court, especially now that you've marked yourself out with the flash colorway and logo. This isn't *Like Mike*, bro!

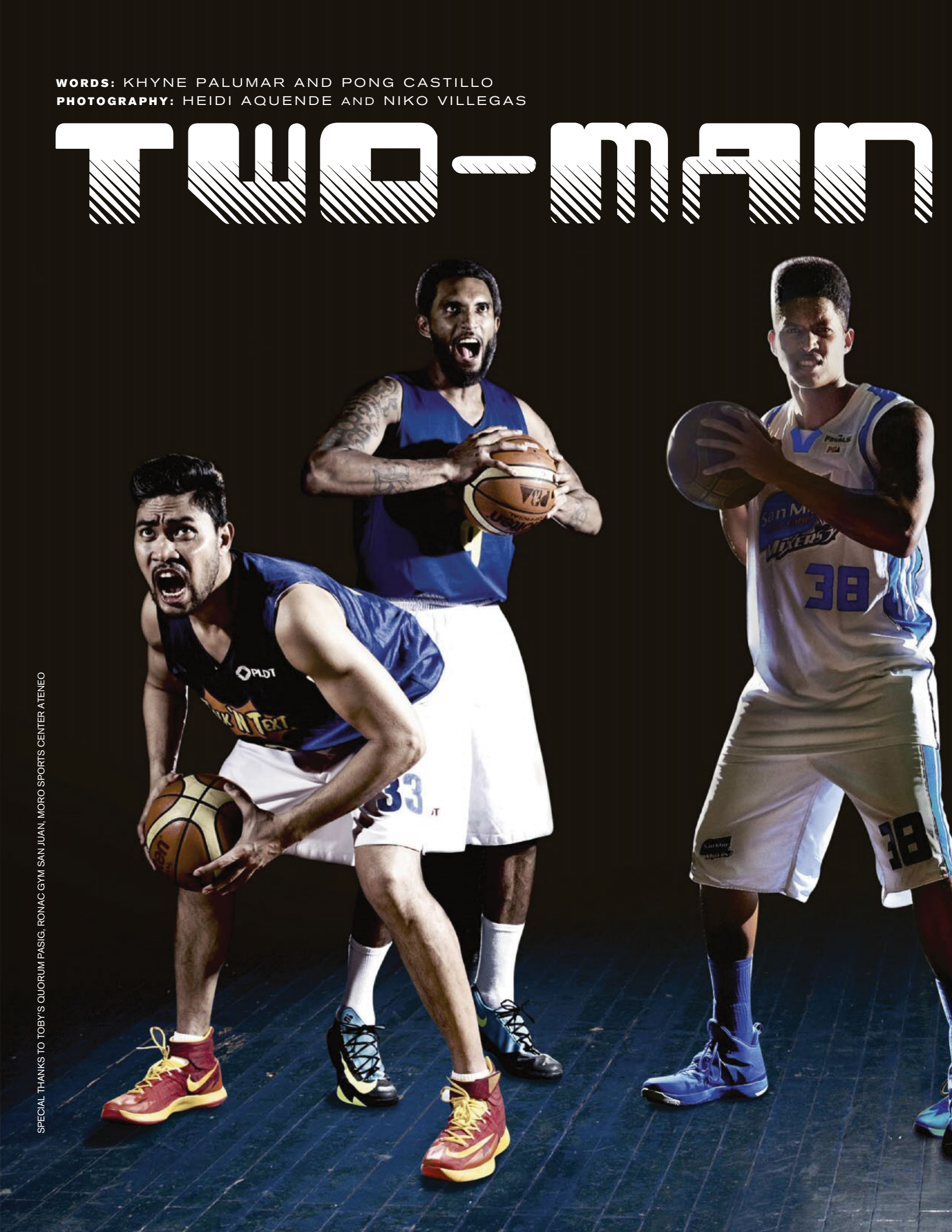
ADIDAS D ROSE 4.5
P6,995

ADIDAS ADIPURE CRAZYQUICK
P7,995

NIKE KOBE 8 SYSTEM
P8,195

WORDS: KHYNE PALUMAR AND PONG CASTILLO
PHOTOGRAPHY: HEIDI AQUENDE AND NIKO VILLEGAS

TWO-MAN



SPECIAL THANKS TO TOBY'S QUORUM PASIG, RONAC GYM SAN JUAN, MORO SPORTS CENTER ATENEO

PLAN

BOX OUT THE COMPETITION, SINK THREES, DUNK, TRAIN, AND GET FANBOY HOOPS INSPIRATION FROM THREE OF THE PBA'S UNSUNG DUOS

t's one thing to have small players do the shooting from distant perimeters and the big players do the blocking and body bumping under the basket. But having big players do the offense and defend like small players? Now that is a whole different thing. Players in point: Ranidel "RDO" de Ocampo and Niño "KG" Cañaleta.

RDO can easily be classified as one of the underrated power forwards in the league, averaging almost 15 points and 7.5 rebounds per game. While the five-time PBA All Stars Slam Dunk Champion, KG, has also developed muscle memory for distant-perimeter shooting that makes for an even more unpredictable play. Both Tn'T Tropang Texters big men know it's not just their height and athleticism that bring in the points, it's also, as RDO would say: *"Laki ng katawan, husay ng kamay, talas ng utak, at tibay ng puso."* Don't agree? Stat sheets don't lie.

NIÑO CAÑALETA

AGE: 32

HEIGHT: 6'6"

POSITION: GUARD FORWARD

CAREER HIGHLIGHTS: 5-TIME PBA SLAM DUNK CHAMPION (2005-2007, 2010, 2012)

RANIDEL DE OCAMPO

AGE: 32

HEIGHT: 6'5"

POSITION: GUARD FORWARD

CAREER HIGHLIGHTS: FIBA-ASIA CHAMPIONSHIP 2013, SILVER MEDAL

TALK 'N TEXT TROPANG TEXTERS'

BIG BOYS

KG'S TIPS ON DOING DUNKS AND THREES

WORK YOUR LEGS
"*Talagang malakas yung* legs *ko*, that's why I can dunk. But now that I'm older, *iba na yung* pressure *sa tuhod ko pag puro talon*. For younger players, strengthen your legs. Run. Do squats."

DO IT ONCE, TWICE...THEN DO IT AGAIN
"Late *ko na na-develop yung* shooting *ko*, but I found out it's all about muscle memory. Practice your shooting and eventually you'll get the hang of it."

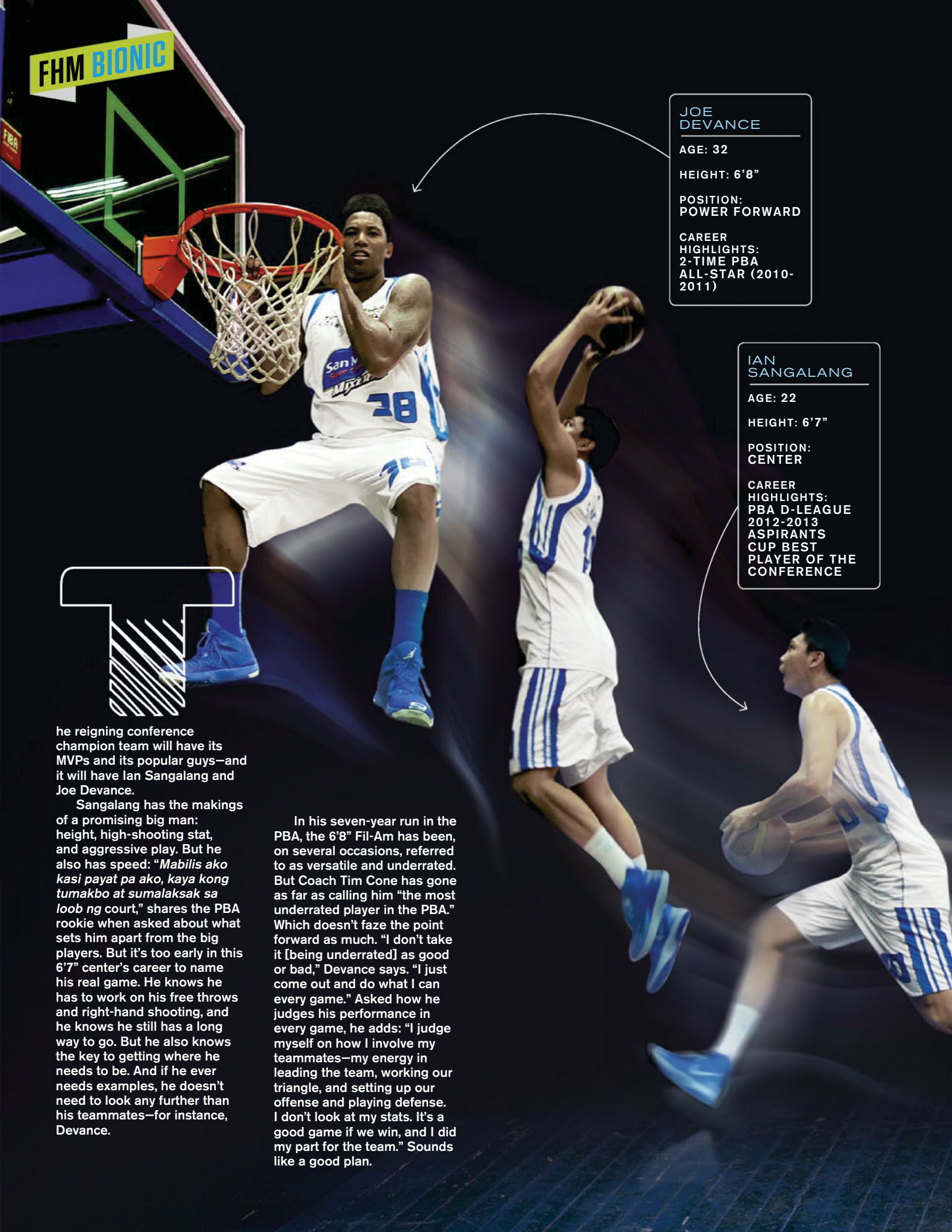
DON'T DO IT JUST FOR THE LOVE OF THE GAME
"I do it [dunks and threes] for the fans. *Kung gusto mo talaga yung* basketball, love the sport and yourself, too. And that means being disciplined and driven."

RDO'S GUIDE TO TRAINING LIKE A PRO

COMPLEMENT TRAINING WITH EATING FOR YOUR BUILD
"Kumbaga sa makina, kung unleaded *yan, hindi puwedeng basta mo palitan ng* diesel, *kasi mag-iiba yung takbo."*

TRAIN LIKE CRAZY
"We train for three hours every day. We start with 45-minute conditioning activities, and the remaining time is for learning the drills and developing our skills. *Kailangan malakas ang katawan namin para pagdating ng* season, *kayanin namin."*

LEARN WHEN TO STEP UP YOUR GAME
"International leagues mean you'll go head-on with bigger players. *Kung alam mong mas mahirap yung mga makakalaban mo, dapat mas hirapan mo rin yung* training *mo para maging handa ka*. Build up strength, but retain your speed. Improve your shooting and be more aggressive on defense."



JOE DEVANCE

AGE: 32

HEIGHT: 6'8"

POSITION: POWER FORWARD

CAREER HIGHLIGHTS: 2-TIME PBA ALL-STAR (2010-2011)

IAN SANGALANG

AGE: 22

HEIGHT: 6'7"

POSITION: CENTER

CAREER HIGHLIGHTS: PBA D-LEAGUE 2012-2013 ASPIRANTS CUP BEST PLAYER OF THE CONFERENCE

The reigning conference champion team will have its MVPs and its popular guys—and it will have Ian Sangalang and Joe Devance.

Sangalang has the makings of a promising big man: height, high-shooting stat, and aggressive play. But he also has speed: "*Mabilis ako kasi payat pa ako, kaya kong tumakbo at sumalaksak sa loob ng* court," shares the PBA rookie when asked about what sets him apart from the big players. But it's too early in this 6'7" center's career to name his real game. He knows he has to work on his free throws and right-hand shooting, and he knows he still has a long way to go. But he also knows the key to getting where he needs to be. And if he ever needs examples, he doesn't need to look any further than his teammates—for instance, Devance.

In his seven-year run in the PBA, the 6'8" Fil-Am has been, on several occasions, referred to as versatile and underrated. But Coach Tim Cone has gone as far as calling him "the most underrated player in the PBA." Which doesn't faze the point forward as much. "I don't take it [being underrated] as good or bad," Devance says. "I just come out and do what I can every game." Asked how he judges his performance in every game, he adds: "I judge myself on how I involve my teammates—my energy in leading the team, working our triangle, and setting up our offense and playing defense. I don't look at my stats. It's a good game if we win, and I did my part for the team." Sounds like a good plan.

SAN MIG COFFEE MIXERS'

VET AND ROOKIE

JDV'S TIPS ON UPPING OVERALL GAME VERSATILITY

TRAIN OUTSIDE THE GYM
"When I was I kid, I would pick a spot on the wall. In the States, they'd have walls with big bricks. So I would pick a brick and hit that spot over and over with the basketball. That's how I learned to shoot. It's not really anything special. Just hard work."

SCARE YOURSELF A LITTLE
"Always assume somebody is working harder than you. So if you really want it, you're gonna work as hard as you can."

START EARLY
"As far as basketball and practice, I try to be here before everybody else so I can shoot by myself."

WORK THROUGH PAIN
"The only time I get discouraged is if I get an injury. Last conference, I had knee problems. At the time it was hard for me to work to get through it. But I remember telling myself that I just had to fight through the pain and eventually I did."

IAN'S GUIDE TO STARTING STRONG IN THE LEAGUE

KNOW YOUR EDGE AND WORK WITH IT
"I'm relatively thin compared to other tall players, so *mabilis akong tumakbo.* And I use that to my advantage, *kasi kaya ko silang iwanan sa* court *para i-drive ang bola* to the basket."

TRAIN HARD AND TRAIN SMART
"Our training targets our core, so it's not solely for skill development, but also for strength and conditioning. *Malakas na kami, iwas pa sa* injuries."

ACT STRONG
"*Sobrang taas ng* pressure *sa* PBA, so you can't allow that to get the best of you. *Dinala ko yung lakas ng loob ko nung* college *at* D-League *dito sa* PBA."

BEAU BELGA

AGE: 27

HEIGHT: 6'6"

POSITION: CENTER/POWER FORWARD

CAREER HIGHLIGHTS: FIBA ASIA CHAMPIONSHIPS 2013

JR QUIÑAHAN

AGE: 29

HEIGHT: 6'7"

POSITION: CENTER/POWER FORWARD

CAREER HIGHLIGHTS: PBA ALL-STAR (2009)

eau Belga and JR Quiñahan may look more like hulking *kanto* players than your standard professional basketball athletes—but close to five years of watching Extra Rice Inc. play should've already tipped you off that these guys are anything but standard.

Belga, once dubbed "Air Jollibee," has represented the country with Team Gilas, to the initial surprise of non-fans. Quiñahan, dubbed "Baby Shaq" because he sort of looks like the also -chunky All-Star center—consistently delivers outside strokes and open jumpers not usual for big men. Yes, they can bump bodies inside the paint, but the duo can also shoot threes, they have high basketball IQ, and more importantly: "*Nakakapasok naman kami sa* finals," Belga says, when asked what they think when people call them overrated. "*Saka hindi naman kami sikat.*" Quiñahan adds: "*Marami pang mas sikat na* players *sa'min. Siguro napapansin lang kami dahil sa pangalan ng* Extra Rice Inc. *kaya mo masasabing sikat. Pero yung mga kalaban lang namin siguro yung nagsasabi na* overrated *kami*…Joke *lang*!" What's not a joke, though: the Rain or Shine duo plays great ball.

RAIN OR SHINE ELASTO PAINTERS'

BULK BROTHERS

J.R.'S 3-POINT GUIDE TO SINKING 3-POINTERS

LARONG *LIGA* IS SCHOOL

"Lumaki akong naglalaro sa mga liga-liga, dun madami akong natutunan. Shoot *ka lang nang* shoot. *Hindi mo namamalayan nahahasa na pala yung laro mo."*

DON'T DO SHORTCUTS

"Wag kang mag-i-skip ng training. *Yung* cheat day *na sinasabi nila—sarili mo lang ang dinadaya mo.* Skills *mo rin yung tatamaan. Sabi nga ni* Coach (Yeng Guiao), *bawal mag-shortcut."*

REPEAT

"Hindi ka mahahasa kung hindi mo uulit-ulitin. Basta ituluy-tuloy mo lang yung practice."

BEAU'S UNOFFICIAL RULES TO BOXING OUT THE COMPETITION

HITTING BACK IS JUST AS GOOD AS HITTING FIRST

"Sa pisikalan, pag kami yung sinaktan mo, you should ready yourself *sa balik. Kasi pag kami yung bumawi, hindi ka namin titigilan hangga't hindi ka nabubuwisit sa'min."*

MORAL SUPPORT COUNTS

"Nagkaroon kasi ako ng coach *na matapang. Ayaw din niya sa* players *niya yung hindi matapang.* So that's my mentality in every game."

GET EVERYONE ELSE'S BACK

"Sa Rain or Shine *kasi, pag sinaktan mo yung isa, lahat kami babawi. Bawal ang pikon. Yung* physicality *naming dalawa pagdating sa laro, dun sila naiinis. May* time during practice *na nagkakasakitan kami, pero* after the game, *walang girian."* FHM

FHM BIONIC

ORIGINAL SWAG

In Pinoy basketball lore, it wasn't always Jordans we hung our hoop dreams on

WORDS: OMAR BELO

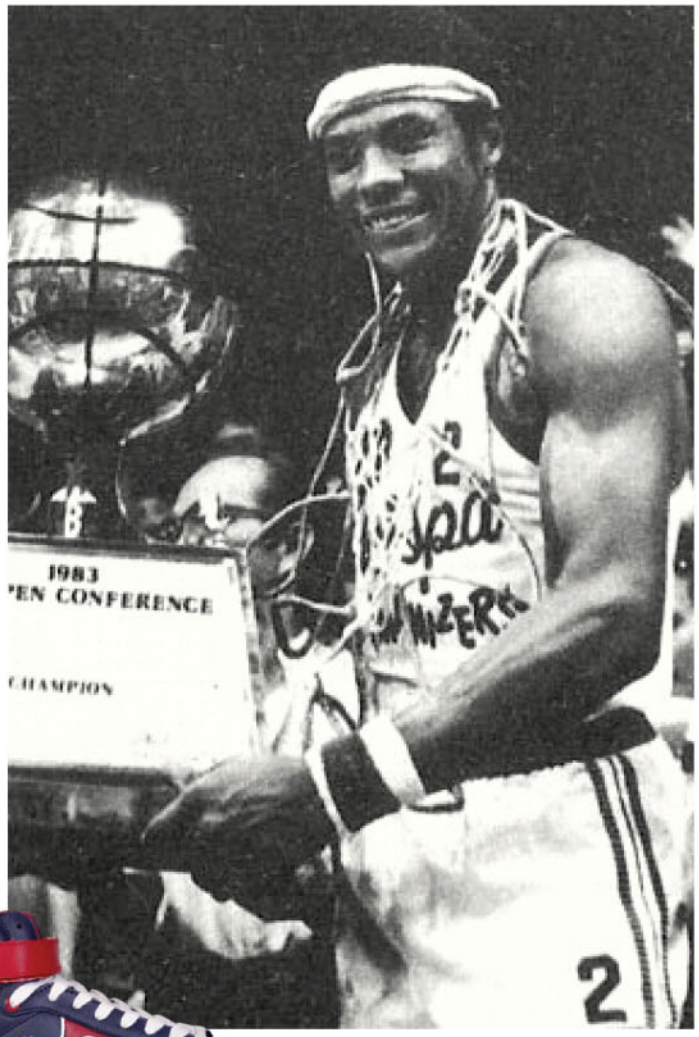


PHOTO COURTESY OF SPIN.PH

The conversation about Grosby shoes starts and ends with Billy Ray Bates. The man we know as The Black Superman. A shooting star in the truest sense of the word—taking both the NBA and the PBA by storm in one instant then flaming out in the next.

I never saw him play. I never saw how he captured—no, owned—the imagination and hearts of our basketball-crazed nation from 1983 (the year of my birth) up to 1988. From where I came from, in one of the southernmost places of this archipelago, the PBA wasn't as readily available as it is now. To watch games then was a family event—one where fathers would take their sons to the only Chinese restaurant in town (the place was strangely named Plazabelle, for reasons only the owners know) that had a *kawa*-sized satellite dish out front so it could catch the broadcast. And it only started doing so soon as the '90s hit.

Bates was already a footnote in history by then. At the time, the spotlight was on the influx of new local talents like Alvin Patrimonio and Benjie Paras; new dynasties and rivalries (the San Miguel and Alaska grand slam teams come to mind); and standout imports like Bobby Parks (RIP), Tony Harris (whose 105-point game remains a record). But the impact of the Black Superman was still remembered by many (including us who've never seen him take the court).

He took the game's most electrifying move—the dunk—to air zones no Pinoy player had ever reached then. Think LeBron James, only five inches, 30 pounds smaller and with alcohol in his veins. He averaged 46.2 points in only 98 games played, the most by any player in PBA history. He gave Ginebra, the league's most beloved franchise, its first championship, just 10 months after the first People Power revolution (1986 is arguably the happiest year in Philippine history). He's the only baller with his face on a basketball shoe, the Grosby Black Supermans, launched at the height of his popularity. And his off-court antics only made the moniker more appropriate. He'd reportedly sneak out of his hotel room, drink until sunrise, lift a car to do bicep curls, and still drop at least 40 points, 10 boards, and five assists at will.

In 1988, when he was supposedly a shell of his former self, the guy still averaged 31.2 points, 10.8 rebounds, and 4 dimes. His sluggish output is any decent player's dream. But the thing that enamored fans with Bates is not just the numbers. It's the flair, the flamboyance, the aura he brought to his game. That whatever he did days and nights before a game, you could trust that no opponent or hangover could stop him on the basketball court. Some would say it was because he possessed superhuman skills. Others would point to the shoes.

To this day, Grosby's basketball shoe line has the silhouette of a man cocking back the ball for a tomahawk slam, wearing jersey No. 2, with "Bates" name on the back on their posters. In 2011, they paid plenty to re-enter the basketball sneaker market and many were nostalgic. Which is what the relaunch was banked on. Apparently, nostalgia sells.

It's actually an Australian brand, if you didn't know, but Grosby sure knew the Pinoys' master art form: Imitation. From the movies, to the karaoke that evolved into videoke sessions, down to the basketball court, we copied, we compared, we judged.

When other memorable imports took center court, Bates remained the standard. Although the likes of Norman Black, Parks, Sean Chambers, Harris, or Lamont Strothers (SMB fan here—and we can argue and drink over this inclusion) will enter the conversation of greatest PBA import of all time, the truth is the conversation still ends with Bates. And looking at the PBA's lineup of reinforcements that came after him, none have been as electrifying as the man who first popularized the headband and armband combo.

Harris could arguably match Bates' offensive prowess, until you dig deeper and see that Bates holds the Portland Trailblazers' franchise record for highest average in a playoff series at 28.3 points per game. Harris, on the other hand, appeared in 14 NBA games and averaged 4.9 points.

The Bates stats and stories (both from sportswriters and fans alike) told was far different from the man who was begging for money in Willie Revillame's TV show in December of 2012. This is the Bates I saw: Superman hitting rock bottom. Only a year prior, he was enshrined in the PBA Hall of Fame dressed in a borrowed over-sized suit. The once conquering emperor returned and couldn't even afford to buy new clothes to his coronation. In January last year, he finally took a flight back to LA after a tumultuous stay here, vowing to return in three months a better man. The guy who rocked the Black Supermans and made many young men believe at the time that they too could fly once they wore the same kicks has not returned, while the shoes remain on display.

The truth is, they don't make them—both import and the shoes—like they used to. **FHM**

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